GENERAL EDUCATION COURSES

SENIOR HIGH SCHOOL
Science and Technology, Engineering and Mathematics

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Entrepreneurship

Topic 1
Introduction to Entrepreneurship

Youth Entrepreneurship in Philippines

This course challenges learners to unlock their entrepreneurship potential and build (social) ventures.
It offers an intensive, problem & action- based approach grounded in the youth's context and experience while introducing them to new business ideas and real-life entrepreneurs.

The DepEd Asst. Sec., Mateo Jesus said: "He hoped that the youth would realize that they could be more than employees. The dream did not have to end at mere employment or getting a job. They did not have to work for someone else, nor did they have to leave the country. SHS graduates could create opportunities for themselves and for others, and could control their own destiny," (written by Tricia Aquino, InterAksyon.com)

Entrepreneurs are the future leaders of this nation. With the creation of enterprises, entrepreneurs help strengthen the country's economy through the creation of more jobs and opportunities for its citizen.

Every person may have the capacity to build a business, but to be an entrepreneur, entails adopting a go-getting and winning mindset. By capacitating skills and talents, one can build a business, and if we couple skills for and knowledge in business with the right attitude, one truly becomes an entrepreneur. Through entrepreneurship believe that "YOU CAN BE ANYTHING".

Institutionalizing Entrepreneurship Education as Part of K to 12

The Department of Education K (Kindergarten) to 12 program brief, published in the Official Gazette of the Republic of the Philippines, describe the K to 12 Program covers Kindergarten and 12 years of basic education (six of primary education, four years of JHS, and two years of SHS) to provide sufficient time for mastery of concepts and skills, develop lifelong learners and prepare graduates for tertiary education, middle-level skills development, employment, and entrepreneurship.

As one of its salient features the K to 12 is designed to nurture holistically developed Filipino that allows for graduates to be prepared to pursue any of the different paths they wish to pursue, may it be education, employment or entrepreneurship.

"Instead of being employed, you can choose to start your own business after graduating". The deliberate inclusion of entrepreneurship to the curriculum has not only allowed for learners to gain competencies that will capacitate them for establishing, managing and growing a business, it has allowed learners to have a broader view of the career choices they can make as individuals.

Youth Entrep Bill Short Description

This can very well reflect the imperatives for the youth of the Philippines. "At a time when society's biggest issue is youth unemployment, business and governments must work together to help young people develop an entrepreneurial mindset. That means fostering a culture which supports young people to take risks, set up businesses, create jobs and become masters of their own destiny. Whether it's through finance, mentoring, incentives or training, we must all play our part so that this generation can achieve its full potential. The time to act is now." – Ernst & Young report, for the G20 Young Entrepreneurs' Alliance Summit, "Avoiding a Lost Generation," June 2013.

At a time when youth populations forms a large percentage of the total population, and when many of the country's unemployed, belong to the youth sector, both government and the private sector have actively worked together to empower the young Filipinos to be productive members of society. Aside from increasing job opportunities and securing for gainful employment, the government must create the structures and mechanisms to enable youth entrepreneurship as a pillar of inclusive growth.

To help create this environment, the "YOUTH ENTREPRENEURSHIP BILL" was passed in 2015. The Bill seeks to integrate entrepreneurship into the secondary and tertiary education curricula; facilitate grants both for the teaching and the practice of entrepreneurship; and develop a national youth entrepreneurship program to provide support to young entrepreneurs.

The Bill seeks the cooperation of different departments such as Department of Education (DepEd), Commission on Higher Education (CHED), and the Technical Education and Skills Development Authority (TESDA). Aside from developing and integrating entrepreneurship courses in the curriculum for secondary and post- secondary school students, they shall also be tasked to facilitate the provision of grants to ensure that our schools, teachers, and teaching partners have the capacity to teach these courses. Grants shall also be made available to support students who are pursuing studies and projects related to entrepreneurship.
Further, this Bill tasks the MSME Development Council to develop a National Youth Entrepreneurship Program that will provide young entrepreneurs with strategic support in terms of access to financing, capital, incubation as well as technology and skills

transfer services. The MSME Development Council and the Small Business Corporation shall provide preferential allocation for the youth in connection with available credit funds.

This Youth Entrepreneurship Bill is focused on the youth entrepreneur, is inclusive, and is geared toward all types of entrepreneurial talent belonging to underrepresented populations and communities. This Bill aims for sustainability and will be designed for long-term implementation.

The Bill seeks to facilitate a future whereby it is led by young Filipinos who have initiative, who are motivated and driven, and who have the best skills to succeed in creating business, providing jobs, and making inclusive growth a reality. [Source: Sen. Paolo Benigno "Bam" Aquino IV, Youth Entrep Bill Senate, Senate Bill No. 1032]

Topic 2
Entrepreneurship as Means of Nation Building

Corporate Social Responsibility

Corporate social responsibility (CSR) is a self-regulating business model that helps a company be socially accountable — to itself, its stakeholders, and the public. By practicing corporate social responsibility, also called corporate citizenship, companies can be conscious of the kind of impact they are having on all aspects of society, including economic, social, and environmental.

To engage in CSR means that, in the ordinary course of business, a company is operating in ways that enhance society and the environment, instead of contributing negatively to them.

CSR is an evolving business practice that incorporates sustainable development into a company's business model. It has a positive impact on social, economic, and environmental factors.

Understanding Corporate Social Responsibility

- Corporate social responsibility is a broad concept that can take many forms depending on the company and industry. Through CSR programs, philanthropy, and volunteer efforts, businesses can benefit society while boosting their brands.
- As important as CSR is for the community, it is equally valuable for a company. CSR activities can help forge a stronger bond between employees and corporations; boost morale; and help both employees and employers feel more connected with the world around them.
- For a company to be socially responsible, it first needs to be accountable to itself and its shareholders. Often, companies that adopt CSR programs have grown their business to the point where they can give back to society. Thus, CSR is primarily a strategy of large corporations. Also, the more visible and successful a corporation is, the more responsibility it has to set standards of ethical behavior for its peers, competition, and industry.
- Small and mid-sized businesses also create social responsibility programs, although their initiatives are not often as well-publicized as larger corporations.

BPI: Entrepreneurship and Education

- Aside from being BPI customers and sources of skilled workforce, communities are our partners in nation building. BPI Foundation, Inc., for more than 3 decades, serve as a catalyst in social development by focusing on areas of entrepreneurship and education, and environment.
- Entrepreneurship and Education small and medium enterprises (SMEs) contribute 32% of the country's gross domestic product, employ 70% of the workforce, and account for 97% of all registered businesses. To enable them to access financing, BPI Foundation provides learning sessions on financial and credit management through its "Show Me, Teach Me SME - Empowering Entrepreneurs" with the help of BPI, its thrift bank arm BPI Family Savings Bank and the Department of Trade and Industry in 2008, learning sessions for 106 SMEs were conducted in the cities of Balanga, Koronadal, Tacloban and Bacolod. A total of 816 SMEs has benefited from this program since its inception four years ago.
- In partnership with the Ateneo de Manila University (AdMU), the Foundations runs training program on fundamentals and methodologies of microfinance, financial product design and development, managing loan deliquency, and financial analysis.
- In 2008, these were attended by 169 participants from 60 MFIs, which should improve their delivery of services to their 789 thousand clients. The Foundation also extended developmental loans of P2.3M to MFIs for their management and staff training needs under AdMU's Training and Mentoring Assistance Program.
- BPI Foundation also actively supported the production of the ATIKHA Overseas Workers and Communities Initiatives, Inc.'s trainor's training manual on social cost of migration and audiovisual presentation on values formation and capacity building for OF dependents. ATIKHA is a non-government organization that provides economic and social services to overseas Filipinos and their families in the Philippines.
- To uplift the quality of education in the country, the Foundation partnered with the Philippines Business for Education (PBEd). For PBEd's 1,000 Teachers Program, the Foundation provides each of the 20 Education scholars majoring in English, Mathematics, and Science with a P25,000 stipend.

Pepsi: Asenso

- A is for asenso, or progress. By providing access to livelihood, PCPPI (Pepsi-Cola Products Philippines, Inc.) helps start-up entrepreneurs who want to improve their lives and succeed.
- The main program under the CSR Commitment of Asenso is the Entrepreneurial Distribution System (EDS), which was started over 10 years ago.
- EDS helps individual entrepreneurs to buy Pepsi products and sell these at small sari-sari stores, giving them a source of livelihood.

BDO: Livelihood

- 45 motorized boats with fish nets were donated by BDO employees and officers to Project BANGKA (Bigay Agad NG KAbuhayan) of Regina Rica Foundation for the residents of Barangay Saktikan, San Dionisio, Iloilo.
- Onward, with passion and commitment in 2015, BDO through its Foundation expects to see full delivery of projects — school buildings, rural health centers and shelter sites — which commenced the previous year. It will continue to align its activities in the direction of relief, rehabilitation and reconstruction especially along the Yolanda corridor. There will also be an effort to help communities in other areas — equally devastated by disaster but which have not received ample attention and support, thus getting left behind in the long process of healing and rebuilding.
- It also recognizes that an important component to delivering on this commitment is forging partnership with foreign and local companies/agencies that share its values and objectives. For 2015 and the years ahead, BDO with its foundation affirms its leadership and its commitment to initiate and support community-based programs that uplift the lives of marginalized sectors especially those in disaster affected areas.
- This is consistent with "Building dreams for others, rebuilding lives" — the theme of what the Bank, through BDO Foundation, does for communities across the country. The theme also serve as a road map of the Bank's continued pursuit to make a difference.

Jollibee Group Foundation: Farmer Entrepreneurship Program

- Jollibee Foods Corporation (JFC) is home to the largest quick-service food chains in the country. Its daily requirement for raw ingredients such as rics and vegetables, puts the company in a unique position to assist small farmers achieve a more sustainable livelihood. The Jollibee Group Foundation as the corporate social responsibility arm (CSR) of JFC converted this opportunity into a program it could develop to improve the incomes of small farmers.
- The Farmer Entrepreneurship Program was launched in 2008 to improve small farmers' income by linking them to the supply chain of institutional markets like JFC. The project is in partnership with the Catholic Relief Services (CRS) Philippines and National Livelihood Development Corporation (NLDC).
- The Catholic Relief Services (CRS) Philippines promotes market-driven strategies that facilitate farmers' active participation in modern markets, such as: supermarkets, fast foods, hotels and restaurants, and institutional caterers. With funding support from the United States Department of Agriculture (USDA), CRS carried out the project, "Small Farms and Marketing Project" that assisted 3,000 farmers in five project sites in Mindanao. From this knowledge base, CRS developed a practical, eight-step approach called the clustering strategy and documented this in a guidebook, The Clustering Approach to Agro-Enterprise Development for Small Farmers: The CRS Philippines Experience.
- The NLDC is a government corporation mandated to provide for the credit needs of the farmers through its accredited microfinance institutions (MFIs), such as rural banks, cooperatives, and non-government organizations (NGOs). In partnering with CRS and Jollibee Foundation, NLDC saw the opportunity to strengthen its credit and capacity building programs through a project that raises the competitiveness and productivity of small farmers.
- These three organizations came together in 2008 to set up the Bridging Farmers to the JFC Supply Chain Project, now called Farmer Entrepreneurship Program, that aims to link small farmers to the supply chain of institutional buyers like JFC. For the pilot year of the project (2008- 2009), six (6) municipalities in the provinces of Nueva Ecija, Nueva Viscaya, Bukidnon, and Zamboanga Sibugay participated in the project in the project. The project provided training to increase the farmer's productivity and gain skills in enterprise management as well as improve their access to credit through the help of partner finance institutions.
- The results of the pilot project were varied. Farmers were able to deliver onions from Nueva Ecija and Bukidnon as well as bell pepper from Nueva Vizcaya. But they were unable to sustain a year-round delivery due to lack of production and post-harvest facilities. Other products such as rice, calamansi and carrots faced significant constraints prompting the group to review the inclusion of either the products or the sites in the project.
- For 2014 the program assisted 27 farmer groups from Luzon, Visayas, and Mindanao to deliver their products to various institutional buyers such as fast-food restaurants, supermarkets, and food processors. In addition, 15 institutional markets are currently sourcing directly from smallholder farmers for their vegetable material requirements through FEP. These companies practice inclusive business by offering the farmers opportunities to be directly part of the supply chain.
- FEP has partnered with more than 40 local institutions to develop over 900 farmers from 15 provinces nationwide. The program was implemented in Ilocos Sur, Pangasinan, Nueva Vizcaya, Nueva Ecija, Quezon, Oriental Mindoro, Albay, Antique, Iloilo, Negros Oriental, Cebu, Bukidnon, Compostela Valley, Davao Oriental, and Agusan del Sur. The Department of Agriculture has also provided training and agricultural materials. The FEP experience has demonstrated that by combining the elements of market, finance and agro-enterprise clustering, farmers can meet the volume, quality and timeliness requirements of institutional buyers.

Topic 3
Introduction to Entrepreneurship

In Economics, Entrepreneurship combined with land, labor, natural resources and capital can produce profit.
Entrepreneurial Spirit is characterized by innovation and risk-taking, and is an essential part of a nation's ability to succeed in an ever-changing and increasingly competitive global marketplace.

Entrepreneurial Mindset

A couple of definition to consider:

a. Entrepreneur: a person who organizes and manages any enterprise, especially a business, usually with considerable initiative and risks
b. Mindset: a mental attitude or inclination

Per the Financial Times, "The entrepreneurial mindset as refers to a specific state of mind which orientates human conduct towars entrepreneurial activities and outcomes. Individuals with entrepreneurial mindsets are often drawn to opportunities, innovation and new value creation. Characteristics include..."

Fixed Mindset	vs	Growth Mindset
— innate — unchanging	skills	— results of hard work — can always improve
— something to avoid — will reveal lack of skill overwhelm	challenges	— embrace — opportunity to change — calls for perseverance
— not necessary — linked to being not good enough	effort	— essential — leads to mastery
— produces defensiveness — personalized	feedback	— useful and positive — welcomed
— blame others, not my fault — easily discouraging	setbacks	

Business Plan

- A written document describing the nature of business, the sales and marketing strategy, and the financial background, and containing a projected profit and loss statement.

(Foundational) Entrepreneurial Skills

- Marketing Skills: It is the ability to introduce your product and business to the customers.
- Sales Skills: It is the ability to convert prospect into paying customers.
- Finance Skills: It is the ability to strategize and use the finances properly to create more income than losses.
- Planning Skills: It is the ability to plan and set goals. Creating effective strategies to move forward to the goals.
- Basic Management Skills: It is the ability to calculate the pros and cons of the business and managing it through providing suitable and effective solutions.
- Leadership Skills: It is the ability to lead more people effectively. Inspiring them to do better and bringing out the best that an individual has.
- Communication Skills: It is the ability to interact with different kind of people and transmitting ideas effectively and clearly.

What is Learner's Dream Book?
A dream book is a physical materialization of the learner's dream with specific targets temporally (target dates). It includes pictures of the dreams they want to achieve that should include specific details (description, size, color, numbers, brands, etc.). Constructing the dream book entails an activity of life planning.

Health Optimizing Physical Education

Topic 1
Nature of Aerobic Exercise

Physical activity is defined as bodily movements produced by the skeletal muscles that leads to energy expenditure. It includes activities such as household chores and walking.

Have you heard of aerobic exercises? You probably know it as "cardio." By definition, aerobic exercise means "with oxygen." Your breathing and heart rate will increase during aerobic activities. As a result, it helps keep your heart, lungs, and circulatory system healthy.

As stated above, aerobic exercise as one of the activity during leisure time and it is any type of cardiovascular conditioning. It can include activities like brisk walking, swimming, running, or cycling. It is a physical activity performed with moderate intensity, with a lot of repetitive movement done over a long period of time.

Moreover, aerobic exercise is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body. Aerobic exercise uses your large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes.

Furthermore, aerobic exercise differs from anaerobic exercise. Anaerobic exercises, such as weightlifting or sprinting, involve quick bursts of energy. They're performed at maximum effort for a short time. This is unlike aerobic exercises. You perform aerobic exercises for a sustained period of time. It strengthens muscles by forcing them to work very hard for a brief time and not using oxygen.

Benefits of Aerobic Exercises

With a good aerobic exercise program, you will have:

- increased maximal oxygen consumption
- improved cardiovascular function
- improved cardiorespiratory function
- an increase of blood supply to the muscles an an increase in the ability to use oxygen
- lower heart rate and blood pressure with moderate exercise
- lower levels of blood pressure (for people with high blood pressure)
- an increase in the threshold for accumulated lactic acid
- an increase in HDL cholesterol (good cholesterol)
- an improvement in glucose tolerance and a reduction of insulin resistance
- a decrease in blood triglycerides
- a reduction of body fat

Topic 2

Exercises for Fitness: Walking, Jogging and Running

To achieve one's physical readiness, an individual should engage in different exercises. And it's good to start with the three basic aerobic exercises which are walking, jogging and running.

Walking

Walking is a great way to improve your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training.

In addition, walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about the risks associated with some more vigorous forms of exercise. Walking is also a great form of physical activity for people who are overweight, elderly, or who haven't exercised in a long time.

Jogging

Jogging is a form of trotting or running at a slow or leisurely pace. The main intention is to increase physical fitness with less stress on the body than from faster running but more than walking, or to maintain a steady speed for longer periods of time. Performed over long distances, it is a form of aerobic endurance training.

Running

Running is a method of terrestrial locomotion allowing humans and other animals to move rapidly on foot. Running is a type of gait characterized by an aerial phase in which all feet are above the ground (though there are exceptions). This is in contrast to walking, where one foot is always in contact with the ground, the legs are kept mostly straight and the center of gravity vaults over the stance leg or legs in an inverted pendulum fashion. A feature of a running body from the viewpoint of spring-mass mechanics is that changes in kinetic and potential energy within a stride occur simultaneously, with energy storage accomplished by springy tendons and passive muscle elasticity. The term running can refer to any of a variety of speeds ranging from jogging to sprinting.

There are similarities and differences between running and jogging. The difference between running and jogging is intensity. Running has faster intensity since it uses more kilojoules and demands more effort from the heart, lungs and muscles than jogging. Running requires a higher level of overall fitness than jogging. In terms of similarity, both running and jogging are forms of aerobic exercise. Aerobic means 'with oxygen', and any physical activity that produces energy by combining oxygen with blood glucose or body fat.

Health Benefits of Walking

- burns calories
- strengthen the heart
- can help lower your blood sugar
- eases joint pain
- boosts immune function
- boost your energy
- improve your mood
- extend your life

Health Benefits of Jogging and Running

- help to build strong bones, as it is a weight bearing exercise
- strengthen muscle
- improve cardiovascular fitness
- burn plenty of kilojoules
- help maintain a healthy weight

Movement

Movement is changing your position within a given space.

A. Locomotor Movement is movement that allows you to travel from place to place.
B. Non-locomotor skills are fundamental body movements that do not incorporate traveling.

Eight Locomotor Movements

1. Walking — a set of steps
2. Running — just like walking, but launching off ground with both feet
3. Hopping — launching one foot, landing the same foot
4. Jumping — launching off one feet, landing on both feet
5. Skipping — walking then hopping on the same foot in one motion
6. Leaping — launching off one foot, landing on another foot
7. Galloping — leaping continuously, almost like a run
8. Sliding — moving smoothly

Topic 3

Aerobic Exercises for Fitness: Aerobic Dances

Aerobic exercise is any physical activity that makes you sweat, causes you to breathe harder, and gets your heart beating faster than at rest. It strengthens your heart and lungs and trains your cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout your body. It uses your large muscle groups, is rhythmic in nature, and can be maintained continuously for at least 10 minutes.

Before going into the benefits of aerobic exercise, let's break down some key terms we just mentioned. Cardiovascular system is made up of your heart and blood vessels such as arteries, veins, and capillaries that transports blood throughout the body. Aerobic refers to how your body uses oxygen to sufficiently meet energy demands during exercise.

One of the most common aerobic exercises is aerobic dancing. It involves any kind of dance put to music and can include everything from Zumba, which is a Latin-inspired dance aerobics to hip-hop dancing. A typical dance class usually begins with a 5 to 10-minute warm-up, followed by a 20 to 30-minute aerobic routine, and ends with a 5 to 10-minute cool down.

Zumba is an exercise fitness program created by Colombian dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba is a trademark owned by Zumba Fitness, LLC. The Brazilian pop singer Clausia Leitte has becoem the international ambassador to ZUmba Fitness. Zumba was founded by Alberto "Beto" Perez; Alberto Perlman; Alberto Aghion in October 1998; 21 years ago. Now almost 180 countries are enjoying zumba.

Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, which was created in the 1970s and made popular by dance crews in the United States.

In addition, hip-hop is not just a form of dance, it is a culture — a way of life. It consists of four main elements namely b-boying (breaking), dj-ing, graffiti art, and mc-ing (rapping). Hip-hop dance as we know it today evolved from three underground dance styles namely b-boying, locking, and popping. It then fused with the ideas and choreographic elements of jazz dance to create a hybrid dance form.

Benefits of Aerobic Dance Exercise

In addition to strengthening your heart and cardiovascular system, participation in regular aerobic exercise has many health benefits.

- improves your circulation and helps your body use oxygen better
- increases energy
- increases endurance, which means you can work out longer without getting tired
- helps reduce the risk of developing heart disease
- helps reduce the risk of developing diabetes
- helps reduce boy fat
- helps you reach and maintain a healthy weight
- helps reduce stress, tension, anxiety, and depression
- improves sleep

Topic 4

Nature of Strengthening Exercise

Resistance training, also known as strength training or weight training, is the use of resistance to muscular contraction to build the strength, anaerobic endurance, and size of skeletal muscles.

Resistance training is based on the principle that muscles of the body will work to overcome a resistance force when they are required to do so. When you do resistance training repeatedly and consistently, your muscles become stronger.

A well-rounded fitness program includes strength training to improve joint function, bone density, muscle, tendon and ligament strength, as well as aerobic exercise to improve your heart and lung fitness, flexibility and balance exercises. Australia's physical activity and sedentary behavior guidelines recommend that adults do muscle strengthening activities on at least two days each week.

Vary your progressive resistance training program every six to eight weeks to maintain improvement. Variables that can impact on your results include:

- sets
- repetitions
- exercises undertaken
- intensity (weights used)
- frequency of sessions
- rest between sets

If you vary your resistance training program through the number of repetitions and sets performed, exercises undertaken and weights used, you will maintain any strength gains you make.

Different Types of Resistance Training

Free weights	This is a classic strength training tool such as dumbbells, barbells and kettle balls
Medicine balls or sand bags	It is a weighted balls or bags
Weight machines	This is a device that have adjustable seats with handles attached either to weights or hydraulics
Resistance bands	It's like a giant rubber band — these provide resistance when stretched. They are portable and can be adapted to most workouts. The bands provide continuous resistance throughout a movement.
Suspension equipment	This is a training tool that uses gravity and the user's body weight to complete various exercises.
Your own body weight	It can be used for squats, push-ups and chin-ups. Using your own body weight is convenient, especially when travelling or at work.

Health Benefits of Resistance Training

Physical and mental health benefits that can be achieved through resistance training are the following:

- improved muscle strength and tome to protect your joints from injury
- maintaining flexibility and balance, which can help you remain independent as you age
- weight management and increased muscle-to-fat ratio — as you gain muscle, your body burns more kilo
- greater stamina so as you grow stronger, you won't get tired as easily prevention or control of chronic conditions such as diabetes, heart disease, arthritis, back pain, depression and obesity
- pain management
- improved mobility and balance
- improved posture
- decreased risk of injury
- increased bone density and strength and reduced risk of osteoporosis
- improved sense of well-being — resistance training may boost your self-confidence, improve your body image and your mood
- improved sleep and avoidance of insomnia
- increased self-esteem
- enhanced performance of everyday tasks

Basic Principles of Resistance Training

Resistance training consists of various components.

Program	Your overall fitness program is composed of various exercise types such as aerobic training, flexibility training, strength training and balance exercises.
Weight	The different weights or other types of resistance, for example a 3 kg hand weight or fixed weight, body weight or rubber band will be used for different exercises during your strength training session.
Exercise	It is a particular movement, for example a calf-raise, is designed to strengthen a particular muscle or group of muscles.
Repetitions	It refers to the number of times you continuously repeat each exercise in a set.
Set	It is a group of repetitions performed without resting, for example, two sets of squats by 15 reps would mean you do 15 squats then rest muscles before doing another 15 squats.
Rest	You need to rest between sets. Rest periods vary depending on the intensity of exercise being undertaken.
Variety	Switching around your workout routine, such as regularly introducing new exercises, challenges your muscles and forces them to adapt and strengthen.
Progressive overload principle	To gain benefits, strength training activities need to be done to the point where it's hard for you to do another repetition. The aim is to use an appropriate weight or resistant force that will challenge you, while maintaining good technique. Also, regular adjustments to the training variables, such as frequency, duration, exercises for each muscle group, number of exercises for each muscle group, sets and repetitions, help to make sure you progress and improve.
Recovery	When the muscles need time to repair and adapt after a workout. A good rule of thumb is to rest the muscle group for up to 48 hours before working the same muscle group again.

Topic 5
Bodyweight Exercises: Arms, Core, and Legs

The Benefits of Bodyweight Exercises

To find out why you should put down the dumbbells and give bodyweight training a go, we spoke with Bobby Windebank, personal trainer at Sweat, who explained why training your body using your body is great.

1. Bodyweight exercises are accessible
   - "Bodyweight training can be modified for whatever fitness level you are in," says Windebank. "Whether you're starting at zero and trying to do press-up or you're a seasoned athlete, bodyweight exercises can be incredibly challenging and beneficial. Progressing the exercises is also very straightforward, so you can keep challenging yourself and building strength."

2. Bodyweight exercises will increase your mobility and stability
   - "We were born to move, and mobility and stability are essential parts of the way we move and life in general," Windebank explains. "Weightlifting can have many positive effects on your body, but it can also limit your mobility. The movements involved in bodyweight training can help you to increase that mobility and challenge the bodies 'stabilisers' by using complete movements. This can, in turn, lead to strength gains in the gym."

3. Bodyweight exercises are brilliant for developing technique an injury prevention
   - "Bodyweight training is a great wat to really hone your technique and form," says Windebank. "Weightlifting can take a serious toll on your body and in particular, your joints is lower, so you're less likely to pick up an injury that could hamper your long term training."

4. Bodyweight exercises can be quick and easy
   - "These days, everybody is time conscious, so finding quick, effective workouts is essential," Windebank explains. "Fortunately, bodyweight training doesn't require a dedicated gym and uses minimal equipment, so you can fit in a workout whenever you have some spare time, wherever you are. Bodyweight training also allows you to combine cardio and strength training, meaning you can smash that workout in the most efficient way."

Some Arm Exercises for Building Muscle

Press-ups

- **How to do the exercise:** Set up with your weight supported on your toes and hands beneath your shoulders, body straight. Take care to keep your core locked so a straight line forms between your head, glutes and heels. Lower your body until your chest is an inch from the ground then explosively drive up by fully extending your arms.
- **Why:** Pressed for time? Perform 20 reps of this classic blubber-burner. "This age-old exercise activates every muscle in your body when performed correctly." says Frost. And how do you get it right? "Just ensure your hands are in an equal distance apart and directly underneath your shoulders. Squeeze your glutes and abs too. That will create body tension to maximize efficiency during the execution of the exercise."

Groiners

- **How to do the exercise:** Start the exercise in a press-up position. Jump forward so both legs land next to your hands. Return to starting position.
- **Why:** Horrible name, brilliant warm-up exercise. Opening up your hips and thoracic region massively increases your body's range of movement (the distance the muscle extends and contracts during an exercise), according to Frost. So what? Well, perform these exercises through a larger ROM and you'll garner significant extra muscle growth from your workout, according to The Journal of Strength and Conditioning Research. But that's not all. This dynamic stretch also pumps blood to almost all the muscles in your lower body, drastically decreasing your risk of injury from overstain while upping your heart rate for the next muscle-building moves.

Spider Crawl

- **How to do the exercise:** From a press-up position, raise one foot off the floor and bring your knee up towards your elbow. Pause then return to the starting position and repeat on the other side. Make sure to crunch your core at the top of the rep to bring your knee even closer to your elbow and get more out of your abs.
- **Why:** Want to sculpt a superhero physique? This primitive movement crushes your core while also targeting your legs, arms, chest and shoulders (yup, all at once).

Handstand Wall Walk

- **How to do the exercise:** Position yourself in a handstand position with your feet planted against a wall. Move your hands forward and walk down the wall until you reach the bottom.
- **Why:** Can you perform 40 press-ups without breaking? Then you're ready for this advanced muscle-builder, says Frost: "The handstand walk will challenge your entire posterior and anterior chain (your back muscles). For me, that's why they're one of the best bodyweight moves on the planet." But there's one question you should ask before attempting this Insta-friendly exercise: what's the best way to do it without landing on your head? Answer: "Squeeze your abs and glutes so you are maintaining a straight line during the handstand," says Frost.

Wide-grip Pull-ups

- **How to do the exercise:** Grab the bar with your palms facing away from you and your arms fully extended. Your hands should be as wide as you can comfortably get them. Squeeze your shoulder blades together, exhale and drive your elbows towards your hips to bring your chin above the bar. Lower under control back to the start position.
- **Why:** Sure, normal pull-ups are great back-builders. So why not bring your shoulders into the equation too? Wide-grip pull-ups are the perfect one at attacker, ramping up the effort needed for every repetition compare to your normal pull-up. And there's a simple secret to getting the most from this move: form. Keep tension in your glutes throughout the move to keep your body straight and muscles injury-free. Easy squeezy.

Core Exercises

These train the muscles in your pelvis, lower back, hips and abdomen playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

Plank

How to do it:

1. Rest your forearms on the floor, with your elbows directly underneath your shoulders and hands facing forward so that your arms are parallel.
2. Extend your legs out behind you and rest your toes on the floor. Your body should form one straight line from your shoulders to your heels.
3. Squeeze your entire core, your glutes, and your quads, and tuck your butt under a little to keep your lower back straight. Make sure you are not dropping your hips or hiking your butt up high toward the ceiling.
4. Position your head so that your neck is in a neutral position and your gaze is on your hands.
5. Hold this position.

High Boat to Low Boat

How to do it:

1. Sit up straight with your legs bent, feet flat on the floor.
2. Keeping your legs together, slowly lift them off the floor until they form a 45-degree angle to your torso. Engage your entire core, keep your back flat, and balance on your tailbone.
3. You can keep your knees bent or straighten them out for more of a challenge.
4. Reach your arms straight out in front of you, parallel to the floor. If you feel that you need some extra support, place your hands on the floor, underneath your hips.
5. This is a High Boat. Hold here for three deep breaths.
6. Then, lower your legs, straightening them out, while also lowering your upper body. Both your shoulder blades and legs should hover a few inches off the floor. If that is too challenging, keep them slightly higher off the floor and work toward bringing them lower and lower.
7. This is Low Boat. Hold for one breath, and then lift your legs and torso back to High Boat.

Body Saw

How to do it:

1. Put your toes on a set of gliders or towels and then get into a forearm plank with your forearms on the floor, elbows directly underneath your shoulders, hands facing forward so that your arms are parallel, an legs extended behind you. Tuck your tailbone and engage your core, butt, and quads. This is the starting position.
2. Slowly push with your forearms and elbows to slide the gliders or towels back toward the wall behind you. Move as far as you can without losing core engagement. Don't let your hips sag.
3. Slowly pull with your arms and elbows to return to the starting position.

Side Bend
How to do it:

1. Start in a side plank with your right hand on the floor, directly underneath your right shoulder, an your feet staggered so the left is right in front of the right. You can also stack your left foot on top of your right.
2. Engage your core and your butt. Let your left arm relax by your left side.
3. Dip your hips down toward the ground and then lift them back up. This is 1 rep.
4. Do all your reps on one side, and then repeat on the other side.

Jackknife
How to do it:

1. Lie face up with your legs extended and arms extended overhead on the floor, keeping them close to your ears. Contract your abs to press your low back into the ground. This is the starting position.
2. Point your toes, squeeze your thighs together, squeeze your glutes, and simultaneously lift your legs and upper back off the ground, reaching your hands forward to meet your feet so that your body forms a V.
3. Keep your core engaged as you slowly lower to return to the starting position.

Leg Exercises

Leg exercise is an exercise designed to strengthen the leg muscles. Lunges, squats, leg presses are just a few of the many leg exercises that can tone your legs and build muscles. Exercises can target the thigh, hamstrings and the lower legs.

Here are some examples of legs exercises based on three parts of exercises: warm-up, conditioning and cool down/recovery.

According to the American Council on Exercise warming up your legs increases blood flow to the muscles and loosens the joints. Not only does this help you perform better, but it will also prevent acute injuries such as sprains. It also prepares you mentally.

Light Cardio (5-minute jog, jump roping)

Dynamic leg warm-up exercises and stretches can be done with cold muscles, but it's better to ease into them.

After a five-minute jog or jump roping session, your muscles are starting to get warm and ready. Then, organize your warm-up exercises in terms of intensity, starting with the least intense, and gradually increasing intensity.

Leg Swing

- Leg swings are excellent gentle leg warm-up exercises to encourage range of motion in the hip joints, glutes, hip flexors, IT band and quads.
- How to do it: From a standing position, lift your right foot up and begin to swing it back and forth. Keep your abs contracted and your leg straight. Only swing as far as you can without your torso moving. Increase the range as your muscles and joints warm up. Do 20 swings; then switch legs. Once complete, swing the leg side-to-side in front of the standing leg, in the same fashion. Do 20 swings; then switch sides.

Frankenstein March/Walk High Kick

- Scare your friends an warm up your hamstrings at the same time with this move.
- How to do it: Traveling forward, kick your right leg straight out in front of you, extending your left arm and trying to touch the fingertips of your left hand with your right toes. Keep the leg as straight as possible. Land on the right foot, then move forward, extending the left leg and right arm. Continue to alternate, taking 20 steps in total.

Quad Walk

- This dynamic move warms up your quadriceps and hip flexors.
- How to do it: Take a step forward with your right foot and pull your left foot in toward your left buttock as far as you can. Next, step forward with your left foot, pulling your right foot in toward your right buttock. Repeat for a total of 20 steps.

Grapevine

- If you know how to do the dance move by the same name, then you're ready for this warm-up drill that prepares your legs for lateral movement and improves agility.

- How to do it: Move to your left, cross your right foot in front of your left foot, take a step with your left foot, then cross your right foot behind your left foot. Repeat the sequence, speeding up the movement as you go. Do about 20 crosses, front and back, and then switch direction.

Ankle Pops

- Don't forget about your ankles. Head off twists and sprains with ankle pops.
- How to do it: Take a slight bend in your knees. Lightly bounce up off your toes and land on your toes before coming down on your whole foot. Repeat, moving forward for 10 to 20 jumps. Then reverse, moving back to your starting point.

Leg Conditioning

This all legs conditioning workout challenges your cardiovascular conditioning but also builds lower body strength and endurance.

Wall Squat

- This exercise teaches you correct squat form without risking the chance of injury from squatting heavy. Make sure you keep your weight in your heels. This will protect your knees while squatting and ensure the right muscles are firing.
- How to do it: Lean back so your weight is pressing against the wall. Transition your weight into your heels and squat down until your legs are parallel to the ground. Keep your shoulders back and chest up as you do. Push through your heels and stand up the same way you came down, she adds. Do this exercise in 3 sets of 15 reps with 45-60 seconds of rest in between sets.

Lunge

- This exercise trains your legs to work independently without fully challenging your balance since both feet remain grounded. If it's too east, hold dumbbells or kettle bells.
- How to do it: Place one foot about three feet in front of the other with your toes facing the same direction. Pull your shoulders back and keep your chest up as you lower your back knee until it's one inch above the ground. Push through your front heel and straighten your back leg to come back up to the start position. Repeat all reps on one leg, then repeat on the other. Make sure you don't lean forward too far — think about maintaining a "proud chest" as you rise up. Do this in 2 sets of 8 reps (each leg) with 60 seconds of rest between sets.

Glutes Bridge

- This exercise strengthens two of the posterior chain's main muscles directly: your glutes and hamstrings. Strong glutes and hamstrings are critical to avoiding injury as you progress in your training. If it's too easy, place your feet on a ledge or bench, or hold a weight on your hips.
- How to do it: Lie down on the ground with your knees bent and feet flat. "Dig into your heels, lift your hips, and squeeze your glutes as you come up into a bridge position. Hold at the top for one to two seconds, then lower down and repeat. Keep your hips level throughout. Do this in 3 sets of 15 reps with 45 seconds of rest between sets.

Step-up

- This exercise strengthens all the muscles in your legs and challenges balance as well. You indirectly work your core by keeping your torso upright when you step up." For a greater challenge, hold dumbbells or make the movement explosive by driving your trail leg up as you pump your arms (imagine you're sprinting or doing high-knees).
- How to do it: Find a box, ledge, or step that's about 6-12 inches tall. "Place one foot on the step and rise up, keeping your shoulders back and chest up. Step down and repeat with the other leg. Do this in 2 sets of 6 reps (each leg) with 60 seconds of rest between sets.

Calf Raises

- This basic exercise strengthens the gastrocnemius and soleus muscles that make up your calf, and puts a positive stress on the Achilles tendon. Training your Achilles is key, because the Achilles tendon is crucial to long-term success in any workout program and is most likely to be injured when starting a new program.
- How to do it: Stand on a step, or just stand on the ground. With feet slightly narrower than shoulder-width apart, rise up onto your toes, then slowly lower yourself back down. Do this in 3 sets of 20 reps with 30 seconds of rest between sets.

Recovery / Cool down

Recovery is just as important as the workload because during this period, the body starts to make microscopic changes essential for adaptation. Recovery starts at the cool down. A well-planned cool down can quickly clear the by-products of muscle contraction as well as replenish the energy and oxygen stores used during the work out. It is important to allot time for this part of the training session.

The cool down bridges the period between workout and rest. This transition is important to deter the pooling of blood in the lower extremities. An abrupt stop from the workout may slow down the heart activity and abruptly decrease blood pressure, which can cause dizziness. The drop in the blood pressure is a result of less blood returning to the heart.

A series of static stretches should be part of the cool-down routine to release muscle tension and help muscle relax. A good cool-down routine takes around 10 minutes. This routine should include performing a multi-joint activity that is low intensity (e.g. slow jog) for a period of 5 minutes. A light massage is encouraged during this period to facilitate the clearance of metabolic products and enhance blood flow back to the heart. A cool down should be a physical and mental routine. There is tension in the muscles when the mind is relaxed.

Topic 6

Categories of Sports and its Nature; and Health Benefits of Sports

Sports

It is an activity involving physical exertion and skill in which an individual or team competes against another or others under the set of rules. It includes all forms of competitive physical activity or games which, through casual or organized participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators.

Individual or Dual Sports

It is a sport played by one or two players on one side competing with one or two players also on the other side. While there are only a handful of sports that are really dual in category, many individual sports are classified in the dual category too. One example is tennis, Athletes generally compete in singles play; however, there are also doubles play categories. This is the format used among other racquet sports such as badminton and racquetball in both minor and major tournaments.

Individual/Dual sports provides benefits that team sports do not. Aside from providing development in terms of motor skills, agility, hand-eye coordination and endurance, individual/dual sports combine physical fitness and mental development. Unlike with team sports, a player's success or failure in individual sports is totally dependent on his own ability. Individual sport athletes are completely responsible for every play and cannot rely on the help of other teammates; this build coping skills and resilience while developing self-esteem and confidence.

Team Sports

A sport wherein three or more players in a team is called a team sports. The most popular example of a team sport is basketball. Other examples are baseball, football, volleyball, hockey, and softball. Relays in swimming or track and field are team efforts. The dynamic of team sports is even more different than individual or dual sports, because of the cooperation and specialization of roles on teams.

Being part of a team can be one of the most rewarding things a person can do. The camaraderie, the character building, and of course, the teamwork, are just some of the advantages you'll experience as part of a team. In team sports, teams have to work together to win the game, there's no single person which can carry the rest of the team themselves. And there's nothing like watching a team come together for a big victory.

Combat Sports

A combat sport, or fighting sport, is a competitive contact sport that usually involves one-on-one combat. In many combat sports, a contestant wins by scoring more points than the opponent or by disabling the opponent. Common combat sports include mixed martial arts, boxing, wrestling, judo, fencing, savate, kickboxing, Muay Thai, lethwer, Sanda, Tae Kwon Do, Capoeira, Brazilian Jiujitsu, Sambo, Sumo, and Kyokushin.

Different combat sports involve different skill sets and moves. For example, boxing only allows punches, taekwondo largely involves kicks, and both Muay Thai and Burmese boxing allow the use of elbows and knees. There are also combat sports based on grappling, such as both freestyle and Collegiate wrestling. Modern MMA is similar to the ancient Greek Olympic sport of pankration; both allow a wide range of both striking and grappling techniques. Some combat sports involve the use of weapons and armor, such as fencing, kendo, and the new sport SCA Heavy Combat; In Gatka and Modern Arnis, sticks are used.

Combat Sports and Martial Arts offer a fantastic way to get fit, engage with friends, eat better, cope with stress and importantly, develop a character of respect and humility that is integral to all effective martial arts. Combat Sports teach self defense because they instill confidence and self-reliance.

10 Great Benefits of Playing

1. **Better sleep:** Exercise and sport triggers chemicals in the brain that can make you feel happier and relaxed. Team sports provide a chance to unwind and take part in an activity that improves your fitness. If you play sports outside you can benefit from fresh air which is said to promote a good night's sleep.
2. **A strong heart:** Your heart is a muscle and needs frequent exercise to help it keep fit and healthy. A healthy heart can pump blood efficiently around your body. Your heart will improve in performance when it is regularly challenged with exercise. Stronger hearts can improve overall health of the body.
3. **New connections:** Sport brings together a mixture of people from different communities, backgrounds, religions and beliefs. Sport can offer a new way to meet others that you may not interact with day to day. As a result, you can make new friends. And who knows, playing a sport might even open new career and business opportunities for you.

4. **Improved lung function:** Regular sport causes more oxygen to be drawn into the body with carbon monoxide and waste gases expelled. This increases the lung capacity during sport, improving lung function and efficiency.
5. **Increased confidence:** By training frequently and working towards seasonal goals you can build your confidence and abilities. This is especially noticeable through tournaments and matches where you and your team put your skills to the test. Small, incremental achievements throughout the year can build personal confidence over time, giving you the ability to take on new projects and assignments at work with your new-found confidence.
6. **Reduces stress:** When you are physically active your mind gets a chance to unplug from daily stresses and strains of life. Physical exercise reduces the stress hormones in your body and stimulates the release of endorphins. These endorphins may give you more energy and focus for whatever life has.
7. **Improve mental health:** The Public Health Agency report that regular participation in sport and being active can also promote good mental health. This includes improving your mood, enhancing your sense of well-being, reducing anxiety, combating negative emotions and protecting against depression.
8. **Sports build leaders:** All sport teams need leaders to show the way and help develop new or younger team members. An emergenetics study has found a correlation between playing sports and strong leadership qualities. Sports enable people to develop a 'team mindset' whether it's winning, losing or training together.
9. **Develop stronger relationships:** Sports enables you to build better relationships with people you may be aware of, but not know personally. Through frequent sport you can get to know a lot about an individual's personality, their strengths and weaknesses. Sport with colleagues is a good opportunity to build better relationships and networks that may help you in your job.
10. **Sport aids the healthy development of children:** Children who play sports develop stronger bones and muscles, leading to a smaller chance of physical injury. Physical exercise before the onset of puberty has been identified by a New Zealand study as a way of reaching peak bone mass, enabling children to become stronger — a great foundation for future growth.

Topic 7

Badminton: Nature of the Game and Health Benefits

Badminton is known as battledore in ancient Greece, Poona in India and China, and was named after the Badminton House in Gloucestershire, England. The International Badminton Federation (IBF) has been housed in this place since 1934.

In Asia, badminton became a popular sport. We see people playing in parks, streets, or any space one may find suitable for playing. The objective of the game is to hit the shuttlecock or birdie back and forth over the net with a racket to prevent it from hitting the ground.

Badminton is both a recreational and professional sport played in singles and doubles. This sport could last for hours so it demands fitness from players. Badminto is the world's fastest-paced racket sport with the shuttlecock flying across the net at 200 miles per hour.

Equipment

a. **Shuttlecock:** It is called "birdie" and made of natural or synthetic materials. It has a cork base covered with a thin layer of leather. A thin layer of about 14 to 16 feathers is fixed around the cork base end and the birdie weighs 4.73 to 5.50 grams.
b. **Racket:** The badminton racket has different parts. The head contains the stringed part. The shaft connects the handle to the head. The throat, if present, connects the shaft to the head. The handle improves the grip. The frame refers to the head, shaft, and handle joined together.
c. **Post and Net:** The post is 1.55m in height and the net is made of fine cord of dark color and even thickness. It has a depth of 760mm.
d. **Court:** The court must be smooth but not slippery and levelled in a ground space measuring 17 by 44 feet for singles and 20 x 44 feet for doubles. Recommended surface is made of concrete or luminous materials.

Skills and Strokes

a. **Serve:** This is the shot that starts the game and an experienced player uses a flick serve so that the serve barely clears the net and is aimed at the side line of the service area.
    a. Low serve is played gently over the net to land at the front of your opponent service court, near the short service line.
    b. High serve is played powerfully upward. The shuttlecock travels very high and fails almost vertically downward at the back of the receiver's service court.
    c. Flick serve is also played upward, but more shallowly than high serve.
b. **Drive:** It is a "low-flying" shot or stroke intended to hit straight at the opponent.
c. **Net shot:** It is a shot or stroke aimed at the front area of the court for the opponent to play close to the net.
d. **Smash:** It is a "killing stroke" where the racket held with a straight arm is flung up to hit the shuttlecock squarely in the middle of the racket.
e. **Lob or lift:** It is an "offensive stroke" bringing the shuttlecock in high arc and above the opponents reach forcing him to move to the back of the court.
f. **Clear:** It is a "defensive stroke" that brings the shuttlecock in high arc and allows the player to return to the middle of the court and to get ready for another rally while the shuttle is in the air.

Basic Rules

Badminton is played indoors with rackets and shuttlecocks by two persons (singles) or four persons (doubles) on each side. Suppose you and an opponent are playing, you serve from the right service area of the court to start. Once you have served, the receiver who is at the opposite diagonally the service area across the court is expecteed to return the shuttle back to you before it hits the ground. This continues until one of you fails to return it. A point is given to the opposite side if you fail to return the shuttlecock and hit the ground or is out of bounds. You must also keep your service privilege to gain points. If the server commits a fault or loses a rally, the serve is given to the opponent.

In doubles play, each team is given two chances to serve. However, if one of the players loses the serve, the partner serves immediately. Once your team finishes your turn for the serve, your opponent will serve next.

You win the match if a player or team gains 21 points. When the core is tied at 20, the game continues until one gains the two-point advantage. The minimum score to win is 21 points while the maximum is 30 points.

Note: If the server's score is an even number, the server must be in the right corner.

The Toss

Before the game starts, the player or opposing teams will toss and the winning side has the following choices: 1) service receive first or 2) choosing the court end while the losing side of the toss will conform to the remaining choice.

Faults of the Game

A fault made by a player of the side which is "in" puts the server "out" and if the fault is made by the player whose side is "out" counts as a point to the "in" side.

Serving

- The moment the shuttlecock is struck higher than the server's waist.
- Upon striking the shuttlecock, the head of the racket is higher than any part of the server's hand holding the racket.
- The server's feet are not in the service court when the service is being made or if the feet of the player receiving the service are not in the service area diagonally opposite until the service is delivered.

Shuttlecock

- It falls on the wrong service court.
- It falls short of the service line, beyond the long service line, or outside the side boundary line of the court into which service is in order.
- It falls out of the court's boundaries or passes through or under the net: or fails to pass through the net; or touches the roof; sidewalls, the person, or the dress of the person.
- It is held on the racket during the execution of a stroke, or if it is hit twice in succession by the same player with two strokes or it is hit by a player and his or her partner successfully.
- It is struck before it crosses the strike's side of the net.

During the game

- A player obstructs an opponent.
- The racket, player, or player's dress touches the net or its supports.
- A player is struck by a shuttle cock whether he or she is standing within or outside the boundaries of the court.

Note: As a general rule, the server may not serve until the opponent is ready. If the return of the service is attempted, the opponent is deemed ready in this situation.

Health Benefits

a. **Physical Fitness:** It makes your body physically fit. If you play regularly, you have less worry to be active.
b. **Fighting diseases:** It will reduce the risk of heart and cardiovascular diseases owing to a longer life.
c. **Social Life:** If you play badminton, you can gain friends while gaining experience.
d. **Speed, Reflexes, and Intelligence:** Badminton develops how fast you strike, move and react to your opponent.
e. **Fun and Enjoyment:** Having fun playing badminton is good. Playing badminton competitively while having fun is good.

To prevent injury, participants should:

- perform a warm-up consisting of stretching and light aerobic activity prior to play;
- participate in a comprehensive training program including flexibility, strength training, jump training, speed and agility drills, and endurance training;
- wear appropriate shoe wear with skid-resistant soles;
- use the appropriate equipment;
- use good technique;
- clean off the courts before play (look for slippery spots of playing indoors and look for debris if playing outdoors in the sand or grass);
- allow for adequate recovery;
- stay hydrated; and
- provide first-aid kits for safety measures.

Engaging in sports like badminton is essential to maintain health. A community that participates in active sports understands the importance of literature of lifetime fitness goals which is necessary for people of all ages. A person may engage in an individual, dual, or team sport to achieve the desired fitness level. It will bring happiness and encourage unity among all participants.

Topic 8

First Aid: Immediate Action in Case of Sports Injuries

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing cardiopulmonary resuscitation (CPR) while waiting for an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. First aid is generally performed by someone with basic medical training.

The most obvious objective of first aid is to save lives. This objective can be simplified into five P's:

- Preserve life
    - Prevention of life is the most significant aspect of a first aid. We need air to survive and to live. The circulation of air in the body helps in the preservation of life. Providers of first aid look at the circulation of air in the body and clean any blocked airways. When the airway is blocked, brain damage occurs in about four minutes.

- Prevent illness or injury from worsening
    - Again, the efforts of the first aiders are directed toward prolonging the time the patient has until the ambulance arrives. If the patient is bleeding profusely, the first aider will not stitch the wound, but they will do their best to stop the bleeding until the ambulance arrives. In that way, they will prevent further complications and health deterioration.

- Protect the unconscious
    - Responder should secure the casualty in a secure position. If not, he must apply all the safety precautions, and must try to move the injured person in a safer place. Unconsciousness involves the loss of ability to recognize people, events. When you faint, for instance, you are likely to be unconscious.

- Promote recovery
    - Every action that a first aider takes should be in the direction of helping the person who has suffered an injury or sudden illness get better.
    - Promoting the recovery usually means using the first aid kit. It is packed with supplies that are necessary for the first aider to be able to help the person in need. You can understand that the time of providing the first aid is crucial. If your first aid is not well-stocked or it is not there at all — that is a big problem.

- Pain relief
    - This is done only if it is in any way possible and it doesn't present a risk to the patient. Some pain relief medications can be dangerous in case a person is bleeding. Therefore, if not sure if the pain medication is appropriate, it is better to ask the medical experts first.

Whether you are a highly-trained athlete or a weekend warrior, there's always a chance you could get injured. Unfortunately, when injuries happen, it can be hard to know what you've tweaked or how to treat it. Here are te common sports injuries.

Acute Injury

- **Sprain:** Sprains are overstretched ligaments. The injury commonly occurs when the knee is twisted while weight is placed on it due to improper landing after a jump, running too fast or without proper warm up.
- **Strain:** It is a twist, pull or tear of muscles or tendon (a cord of tssue that connects the muscle to bone).
- **Fracture:** It is a broken bone. The most common fracture is located at the upper limbs such as the arm and the forearm.
- **Dislocation:** It is an injury to a joint — a place where two or more bones come together — in which the ends of your bones are forced from their normal positions. This painful injury temporarily deforms and immobilizes your joint.
- **Concussion:** It is an injury to the brain that results in temporary loss of normal brain function.

Chronic Injury

- **Stress Fracture:** It commonly occurs among runners who train for long periods without adequate rest periods.
- **Tendinitis:** It (also called tendonitis) is an inflammation or irritation of a tendon, a thick cord that attaches bone to muscle.
- **Osteoarthritis:** It is the wear and tear of a joint that results in deterioration.
- **Bursitis:** The Bursa is a sac — like musculoskeletal structure that provides support and cushioning to the joint. It protects commonly used joints such as the shoulders and knee from repetitive mechanical stress.

At this point, let's know more on how to take care of yourself and someone who experienced any injury.

The RICE method is a simple self-care technique that helps reduce swelling, ease pain, and speed up healing. RICE method includes the following four steps:

- REST — Avoid using the affected muscle or joint. This may mean not using the affected area for several days.
- ICE — Ice is a tried-and-true tool for reducing pain and swelling. Apply an ice pack (covered with a light, absorbent towel to help prevent frostbite) for 15-20 minutes every two to three hours during the first 24 to 48 hours after your injury. Don't have an ice pack? A bag of frozen peas or corn will work just fine.
- COMPRESSION — This means wrapping the injured area to prevent swelling. Wrap the affected area with an elastic medical bandage (like an ACE bandage). You want it to be snug but not too tight — if it's too tight, it'll interrupt blood flow. If the skin below the wrap turns blue or feels cold, numb, or tingly, loosen the bandage. If these symptoms don't disappear right away, seek immediate medical help.
- ELEVATION — This means raising the sore body part above the level of your heart. Doing so reduces pain, throbbing, and swelling. It's not as tricky as you might think. For example, if you have an ankle sprain, you can prop your leg up on pillows while sitting on the sofa. Keep the injured area raised whenever possible, even when you're not icing it.

Managing Sports Injuries

When managing sports injuries, it is important to have a basic checklist to follow. Below are four questions that we should consider.

- What is this injury? (Diagnosis)
- What should I do about it? (Treatment)
- How did it happen? (Cause)
- How do I stop the recurrence? (Prevention)

TOTAPS

The assessment of injuries follows TOTAPS. If it is determined at any point throughout the steps that the athlete cannot continue to play, the TOTAPS assessment is stopped, the athlete is removed from play, and medical treatment is usually sought. TOTAPS stands for:

TALK
Ask the athlete questions to gather information about the cause, nature and site of the injury.

- Where does it hurt?
- How painful is it out of 10?
- Is the pain sharp or dull?
- Did you hear a snap or a crack?
- How did it happen?

If the casualty reports that they have immense pain, or that they heard a snap or crack or does not respond, the process is stopped immediately, and First Aid is applied as medical attention is found.

OBSERVE
After asking the athlete, evaluate the said injury. Look for deformity, swelling and redness. If the injury is to a limb, compare with the corresponding area on the opposite limb. If there is obvious deformity, there is likely to be a fracture or serious ligament/tendon damage, medical assistance is the needed.

TOUCH
Feel for any painfulness over the injury site. Severe painfulness when feeling a bone may indicate a fracture. If an abnormality or excessive pain exists during touch, then the assessment of injuries is stopped, and First Aid is applied as medical attention is sought.

ACTIVE MOMENT
Active movement involves the athlete moving the injured part themselves. Ask them to perform a range of movements to see if these movements bring on pain.

PASSIVE MOMENT
If you have reached this stage, it is likely that he injury is not serious. The passive movement stage requires the first aider to move the athlete's injured body part and determine how much pain free movement is possible.

SKILLS TEST
The final component to TOTAPS is a skill test. This involves the athlete performing some basic skills relevant to their sport to see if these movements worsen the injury.

Topic 9

Nature and Elements of Dance

According to Barbara Mettler (1980), dance is an activity which can take many forms and fill many different needs. It can be recreation, entertainment, education, therapy and religion. In its purest and most basic form, dance is art, the art of body movement.

Dance is form of art using rhythmic bodily movements expressing ideas and emotions and is accompanied by music. As an art form, it may tell a story, set a mood, or express an emotion. Dance is recognized as a form of recreation and considered a form of socialization.

History of Dance

- **Prehistoric Period:** The Egyptians were the first great culture to infuse its society with the magic of dance; which evolved from the simplest rituals used by hunters to find their prey.
- **Greek Period:** Greek dance evolved from basic dramatic form which incorporated dance, music, spoken words, and costumes. Participation in dance and drama festival was a religious exercise, not merely an amusement. There were more than 200 Greek dances designed for every mood and purpose.
- **Roman Period:** Rome imported entertainers from Greece to perform theatrical pieces in honor of the gods and to amuse a population weary from a plague. Romans were influenced by Grecian models, putting the most emphasis on the spectacle and mime to the extent that dancing itself almost disappeared.
- **Medieval Period:** Originally dance movements were part of dramatic rituals, the best-known of which is the Latin Mass. By the middle ages, these works moved from inside the churches to the out-of-doors. Another important rite of the Middle Ages was known as the dance of death.
- **Renaissance Period:** This period saw the birth of theater in dance in the courts of Italian City states, where such dance was used as a political machinery to show splendor, wealth, and power.
- **Classic Period:** During the middle 17th Century, ballet became a spectacle in every court. Public ballet performances involved more than just dancing because they were a mixture of poetry, music, dialogue, and elaborate dance. Such ballet performance was known as ballet an entree.
- **Modern Period:** During the 20th Century, jazz and tap dance became popular as classic ballet continued to flourish. Social dances such as the fox trot, two-step, Boston, Charleston, Castle walk, Castle polka, tango, conga, and rumba became popular.

Benefits of Dance and Creative Movement

(Physical, Mental, Emotional, Social, Cultural)

- Develops cardiovascular and muscular endurance
- Improves coordination, balance, flexibility, and body composition
- Lowers cardiovascular disease, BMI, resting heart rate
- Enables joint mobility
- Helps keep the brain sharp
- Decreases incidence of dementia and Alzheimer's disease, depression
- Increase self-esteem and improve body image
- Give sense of togetherness within a group
- Encourages positive social interaction and interpersonal relationship in a group
- Potential for self-actualization in society
- Promotes cultural values

The Elements of Dance

A. **Space** — the area surrounding a person in which they are able to move.
   a. *Level:* The vertical distance from the floor (High, Medium, or Low).
   b. *Direction:* Where the body moves (Forward, Backward, Up, Down, Sideways, Diagonally, etc.).
   c. *Focus:* Where the dancer's eyes look as they are dancing.
   d. *Size:* How large or small movements are.

B. **Time** — the duration of the movement. Beat, the ongoing underlying pulse.
   a. *Tempo:* How fast or slow the movements are executed.
   b. *Accent:* Strong beats that usually occur at regular intervals.
   c. *Rhythmic Patterns:* Arranging long and short movement or strong and light movement.
   d. *Duration:* The length of time the movement lasts.

C. **Force** — this gives indication how the body uses energy while moving. Force = energy.
   a. Heavy or Light
   b. Sharp or Smooth
   c. Tensed or Relaxed
   d. Bound or Flowing

D. **Body**
   a. *Part*
   b. *Shape:* circles, squares, triangles, etc.; made with parts of the body, the whole body, with groups of people, or by moving through space. Symmetrical or Asymmetrical.

Characteristics of a Good Dance

- **Unity:** Interconnected phrases of the dance are coherent and flow smoothly together. It attracts and holds the audience's attention.
- **Variety and Contrast:** Add excitement and flavor in the dance. Changing the direction, use of energy, timing of a movement phrase, and avoiding repeating them in the exact way are ways to add variety to the dance.
- **Transition:** Also vital because it keeps the unity and continuity of the dance. It may vary from length and complexity. They may be long or short, gradual or abrupt.
- **Repetition:** Usually when a certain phrase or a section of choreography is repeated, it is the main message of the dance. Also the audience can see those movements again and identify its significance.
- **Climax:** The apex of energy in the dance is reached.

Topic 10
Common Injuries in Dance

Common Injuries in Dance

Dance science has developed a wide range of conditioning and injury prevention measures over the last few decades, allowing dancers' bodies to be stronger and more competent than ever before.

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Choreographers' and audiences' demands have both risen at the same time, thus dancers are still at risk of injury at some point throughout their careers. How effectively they are informed about injury treatment may have a big impact on how quickly they recover and get back to dance.

(The expectations of choreographers and audiences have increased at the same rate, so dancers still face the possibility of injury at some time during their careers. How well they are informed about injury care can play a large part in their successful rehabilitation and return to dancing.)

Common Injuries or Emergency involving Dance Activity

- **Dehydration:** The process of losing or removing water or moisture. A condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels.
    - Signs and Symptoms of Dehydration
        - Extreme thirst, dry mouth, swollen tongue, less frequent urination, headache, fatigue, bad breath, dizziness, palpitations.
    - How to prevent dehydration:
        - Drink plenty of water before, while, and after dance activities.
        - Drink extra fluids or suck on flavored ice pops.
        - Avoid alcohol.
        - Do not take salt tablets.
- **Overexertion:** Defined as to strain or put too much pressure on one's self.
    - How to prevent overexertion
        - Know your limits.
        - Stretch and warm up before any heavy dance activity.
    - Minor injuries, such as sprains and strains, can often be initially treated using PRICED therapy for two or three days.
        - Protection: Remove additional danger or risk from injured area.
        - Rest: Stop dancing and stop moving the injured area.
        - Ice: Apply ice to the injured area for 20 minutes every two hours.
        - Compression: Apply an elastic compression bandage to the injured area.
        - Elevation: Raise the injured are above the heart.
        - Diagnosis: Acute injuries should be evaluated by a health-care professional.
- **Hypothermia:** The condition of having an abnormally low body temperature, typically one that is dangerously low.
    - Warning Signs of Hypothermia
        - Confusion, shivering, difficulty speaking, sleepiness, stiff muscles.
    - How to prevent Hypothermia
        - Wear a hat or other protective covering to prevent body heat from escaping from your head, face, and neck.
        - Dry. Stay as dry as possible.
- **Hyperthermia:** The condition of having a body temperature greatly above normal.
    - Heat Stroke Symptoms
        - Dizziness, tiredness, severe sweating, fainting, headache, nausea.
- **Sprains:** A strength or tear of a ligament, the band of connective tissues the joints the end of one bone with another.
- **Strains:** A twist, pull or tear of a muscle or tendon — a cord of tissue connecting muscle to bone.
- **Fracture:** A break in the bone that can occur from either a quick, one-time injury to the bone (acute fracture) or from repeated stress to the bone over time.

- **Dislocations:** When two bones that come together to form a joint become separated, the joint is described as being dislocated.

First Aid must haves:

a. **Plaster:** Use plasters for small cuts and grazes.
b. **Sterile pad:** For more cushioning, you can use a sterile pad and hold it in place with sticky tape. You could also use any clean, non-fluffy material, like a cloth scarf.
c. **Sterile wound dressing:** A sterile wound dressing is a sterile pad attached to a bandage. These are for longer wounds to apply pressure to help stop bleeding and are quick and easy to put on in an emergency.
d. **Roller Bandage:** Roller bandages are long thin bandages used to support joint injuries, hold dressing in place, put pressure on wounds to stop bleeding, and to reduce swelling.
e. **Triangular Bandage:** Large triangle-shaped pieces of cloth. You can fold a triangular bandage to use as either a bandage or sling, or if sterile, as a dressing for large wounds and burns.

Protective and Other Items

a. **Disposable gloves:** Using disposable gloves reduces the risk of infection between you and someone you are helping. If available, always wear gloves whenever you dress wounds.
b. **Cleansing wipes, alcohol-free wipes:** Used to clean the skin around the wound.
c. **Gauze pads as dressings:** To use a padding, or as swabs to clean around wounds.
d. **Sticky tape (adhesive tape):** To hold dressing in place or to hold the loose end of bandages.
e. **Pins and clips:** To fasten the loose end of bandage.
f. **Scissors, shears and tweezers:** Used to cut sterile pads, bandages, or sticky tape to the right length. You can also use them if you need to cut someone's clothing so that you can get to a wound.

Topic 11
Traditional Dance for Fitness

Traditional dancing can be another term for folk dance, or sometimes even for ceremonial dance. The term 'traditional' is more frequently used when the emphasis is on the cultural roots of the dance. A traditional dance, therefore, has arisen from people's cultural traditions.

The Philippines has many popular traditional dances which have evolved and changed as they have been passed down from generation to generation. Although a particular dance might be performed slightly differently from one region to the next, it remains true to its roots.

The Five Major Classifications of Philippine Folk Dance

Cordillera Dances

- They are from the Bontoc, Ifugao, Benguet, Apayao, and Kalinga tribes.
- They are pagan people, living simple lives to appease their gods. Their rituals celebrate their daily lives, a good harvest, health, peace, war, and other symbols of living.
- Their traditions have survived the changing scope of the Philippines and the tribes continue to maintain their culture that are part of the colorful cultural fabric known as the Philippine culture.

Banga Dance
- "Banga" literally mean "pots". The Banga or pot dance is a contemporary performance of the Kalingas of the Mountain Province in the Philippines. This dance illustrates the languid grace of a tribe otherwise known as fierce warriors.

Bendyan Dance
- This is also popularly called Bendian, this circle dance of the Benguets of Mountain Province is restaged, keeping true to the dance's context and meaning. Long known as a dance to celebrate the arrival of successful headhunters, the Bendayan has taken a new face.

Other Cordillera dances are:
- Ragragsakan
- Salisid
- Salip
- Turayen
- Trektek
- Manmanok
- Uyaoy

Spanish-influenced Dance
- Dances reflect the socialites of Christianity, and the stringed music of European art and the rondalla culture.
- Philippine aristocrats created Filipino adaptations of European dances.
- Jotas, fandangos, mazurkas, waltz are some from European-influenced dances.

Jotas
- The Philippine Jota was among the most popular dances during the Spanish colonial period in the Philippines and up to the early 20th century. It was originally performed in social gatherings like weddings, parties, and baptism.

Habanera
- It is a social dance in duple time and performed in a ballroom or on a stage. This dance first became popular in the town of Botolan, Zambales. This dance is performed at weddings and includes a procession of the bride and groom's parents.

Muslim Dance
- Influenced by Malay, Javanese, and Middle Eastern Traders (Islam)
- These are known for their mysticism, royalty, and beauty which are evident in their music and dances.
- Accompanied by the agong and kulintang, Filipino Muslim dance is marked by intricate hand and arm movement along with shimmering costumes.

Pangalay

- A pangalay native to the Badjaos, sometimes known as the "Sea Gypsies". Pangalay is a dance that emphasizes the agility of the upper body. The rhythmic bounce of the shoulder with simultaneous alternating waving of arms are the basic movement of this dance.

Singkil

- Singkil dance takes its name from the bells worn on the ankles of the Muslim princess. Perhaps one of the oldest of truly Filipino dances, the Singkil recounts the epic legend of the "Darangan" of the Maranao people of Mindanao.

Other Muslim dances are:

- Asik
- Pangsak
- Tahing Bayla
- Pangalay Ha Pattong
- Pangalay sa Agong
- Sagayan
- Kapa Malong Malong
- Pagapir

Tribal Dance

- Mindanao, the Philippines' southernmost islad, is the country's cultural melting pot. It houses influences from Spain, China, Indonesia, and the Middle East.
- Tribes such as the T'boli, Bilaan, Manobo, Bagobo, and other groups inhabit the vast regions of Mindanao.
- These groups honor the pagan gods for the fruits and trials of daily life.
- These tribes pride themselves in their concept of beauty and are known for creating colorful sets of jewelry and clothing out of dyed pineapple and banana fibers which are showcased in their traditional dances.

Kadal Tahaw

- A bird dance performed by the T'boli during planting and harvesting which stimulates the flights and hops of the tahaw bird.

Dugso

- This is a dance to show thanksgiving.

Other tribal dances are:

- Binaylon
- Kadal Blelah
- Malakas at Maganda

Rural Dance

- Reflect the simple life of perseverance of the people in the barrio.
- These depict common work, clapping, rondalla, daily activities of the percussion peasant's instruments.
- Show gaiety and laughter, festivities
- Were performed in fiestas to honor patron saints

Palu-Palo

- In Laguna, the village Labanderas or washerwomen spend a relatively calm day by doing their laundry when tsismis or gossip among them gets out of hand and drama ensues. Through fighting with their palos (laundry paddles) to resolve their disputes, their dance comes to life.

Binasuan

- This colorful and lively dance from Bayambang in the Pangasinan province shows off the balancing skills of the dancers. The glasses that the dancers gracefully yet carefully maneuver are half-filled with rice wine. Binasuan, meaning "with the use of a drinking glass" in Pangasinan.

Other examples of rural dances:

- Gaway Gaway
- Binatbatan
- Binoyugan
- Kalapati
- Kuratsa
- Tinikling
- Regatones
- Itik-itik
- Kalatong
- Pandanggo sa Tapis
- Sayaw sa bangko
- Sinulog
- Subli
- Sakuting
- Pandanggo sa Ilaw

Nature of Philippine Folk Dance

a. Occupational dances depict actions of a particular occupation (e.g. planting, punding).
b. Religious/Ceremonial dances are associated with religion, vows and ceremonies (e.g. Dugsu, Sua-sua).
c. Comic dances depict funny movements for entertainment (e.g. Kinotan, Makonggo).
d. Game dances are done with play elements (e.g. Lubi-lubi, Pavo).
e. Wedding dances are performed during wedding feasts (e.g. Panasahan).
f. Courtship dances depict the art of courtship (e.g. Hele-hele, Tadek, Pantomina).
g. Festival dances are suitable for special occasions (e.g. Pandanggo, Habanera).
h. War dances show imagery combat (e.g. Sagayan, Palu-palo).

Movement

- Active — fast energetic movements (e.g. Tinikling, Maglalatik, Polkabal)
- Moderate — (e.g. Carinosa, Tagala)
- Slow — (e.g. Pasakat, Amorosa)
- Slow and fast — (e.g. Putritos, Habanera)

Formation

- Square — (e.g. Rigodon, Los Bailes de Ayer)
- Long formation — dancers form 2 or more parallel lines (e.g. Lulay, Sakuting)
- Set — consists of 2 or more pairs as a unit (e.g. Binadyong, Haplik)

Basic Dance Steps in Folk Dance

- Touch Step
- Bleking Step
- Close Step
- Cross Step
- Hop Step
- Brush Step
- Slide Step
- Swing Step

Topic 12

Modern and Contemporary Dance for Fitness

What is Modern Dance?

Modern dance is a style of theatrical dancing that is not as restricted as classical ballet; movements are expressive of feelings. It is an expressive form of art.

History and Influence of Modern Dance

- Originated in the United States in the early 1900's.
- It is started as a rebellion against the strict style of classical ballet.
- Dancers wanted to move freely and naturally through space.
- Dancers wanted to involve the whole body in their dance, using torso, shoulders, head, arms, hands, even fingers.
- They wanted to incorporate the facial expressions that accompanies the feelings and emotions of dance.
- First seen as extremely radical.

Characteristics of Modern Dance

- Interpretative instead of using sets of steps and dance books
- Loose movements
- Gravity plays an important role
- Tell story through dance
- Use motions, props, music, and lights to show emotions
- Costumes were important to the overall dance

Some Famous People in Modern Dance

Martha Graham (1894 -1991)
- Mother of Modern Dance
- American dancer and choreographer
- Learned to dance at Denishawn Studio in NYC
- Her inspiration for the routines came from a "certain string"
- First to establish moving scenery and speech with dancing
- Broke social norms on how dance was seen
- Founded her own dance company, technique and theater

Ruth St. Denis and Ted Shawn (1877 - 1960)
- Founded Ruth St. Denis School of Dancing and Related Arts
- Based movements on their world dance forms

Isadora Duncan (1877 - 1927)
- American dancer
- Accrediting with inventing "modern Dance"
- Brought dance back to its roots from other cultures

Loie Fuller (1862 - 1928)
- She was the first choreographer to incorporate lighting into her pieces
- Responsible for multiple European tours

The Physics of Modern Dance

a. Gravity
   - It uses laws of gravity for falls, balancing, and elevation.
   - It is important to maintain your natural height.
   - It entails center of gravity.

b. Action and Reaction: For every action, there must be an equal and opposite reaction (Newton's third law).

c. Centrifugal & Centripetal Force: It affects circular motion such as turns; revolve around an axis.

d. Inertia and Momentum

What is Contemporary Dance?

It is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical, and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements.

Qualities of Movement

a. Percussive refers to sharp, explosive and often aggressive movement.
b. Sustained energy is released in a smooth, strong, and continuous manner with a high degree of control throughout the movement.
c. Pendular and Swing are sustained movements communicate strong, often introverted, and serious emotions, never flighty and superficial. [Swing are Pendular movements of the body that swing in arc-like motions at all different levels.]
d. Vibratory is the force of energy is applied at the beginning of the new movement as a small impetus to an uncontrolled flow through which results in a relaxed movement.
e. Collapsed occurs a release of tension of the muscles and gravity takes over with either one or many parts of the body. This conveys a feeling of resignation, giving up, and letting go.

Elemental Consideration in Doing a Dance Piece

a. Spatial Consideration (Space), also known as space, is the area in which we move and form patterns and designs.
b. Rhythmic Considerations (Time) make all motions as well as stillness occurs in time. Dance utilize time in ways that determine the rhythm, tempo, and duration of movements.
c. Dynamic Consideration is the force of movement. When a given body moves it makes the body work against gravity and the force applied may vary as some movements require less for while some requires more.

The Reason for Dance

Idea Theme
There is always an advantage when idea theme one chooses is simple and one treats it with a very clearly defines concept that had a depth, rather than choosing all-encompassing or an extremely complicated theme. It is also imperative for the choreographer and dancer to be very familiar with ones chosen theme to be able to do justice to the theme.

The Movement Theme
Once the idea theme has been chosen, the choreographer develops a movement theme or motif. This becomes the first phrase of movement within the dance. Sometimes this evolves gradually. In either case, the movement theme contains the generic information from which the dance develops.

The Development
It is generally accepted that most compositions whether it be music, writing, or dance must have a beginning middle and ending or conclusions.

- Beginning: This is the statement of movement theme. From here germinates the motif of the succeeding movements
- Middle: This comprises the development of the said material. In developing a movement motif, one manipulates the various components of movement through the use of elements of space, time, and force.
- Ending: This may return to the beginning or it may present a summation or a resolution, there are pieces whose endings are left open or unresolved.

Topic 13

Ballroom Dance for Fitness

Dance is more than entertainment; it is important in building neural circuitry, and these connections translate into improved functioning in daily life activities. It uses mental skills that strengthen the neural pathways employed in academic tasks, social interaction, and motor perception. It is also a form of exercise that people are willing to do in order to meet their cardiovascular needs.

Ballroom dancing is a couple's dance or a set of partner dances moving to the music using step patterns and rhythms that match the character of a given song. It is an activity that one can enjoy at any age both socially (fitness) and competitively around the world. It does not require any special skill or dance ability (except for competitions), but once learned can be used for the entire life. It is also widely enjoyed on stage, film, and television. It can be a lifestyle to help in keeping the body healthy and fit.

The word ballroom is derived from the word ball (a large room) and ballare which means to dance. Ballroom dancing is said to be a social dancing term for the privileged people while folk dancing is more for the lower classes.

Ballroom dancing was very popular among the upper class of England, in the lath 18th and early 19th century and did not really catch on with the working class until the late 19th and early 20th century.

The popularity of competitive dancing began in the early 1920's. As a result, the Imperial Society of Teachers of Dancing (formerly known as the Imperial Society Dance Teachers) formed a ballroom branch whose function was to standardize the ballroom dances.

Two Main Types of Ballroom Dances

Smooth/Ballroom Style of Dance

- These are flowing dances that move around the entire dance floor in a counter-clockwise fashion.
- Examples: Foxtrot, Waltz, Tango, Viennese, Quickstep

Latin/Rhythm Style of Dance

- These dances stay in one spot on the dance floor and are energetic that reflect the accented rhythm of the music being danced to.
- Example: Swing, Rumba/Bolero, Cha-Cha Cha, Salsa/Mambo, Merengue, Disco/ustle, Samba, Paso Doble

Dance	Description	Step	Music	Meter	Tempo	Basic Rhythm
Waltz (International Standard)	One of the smoothest ballroom dances. A progressive dance marked by long, flowing movements, continuous turns, and "rise and fall". So graceful and elegant.	Close Changes Natural Turn Reverse Turn Natural Spin Whisk Chasse from Promede Position	Slow ballads or Instrument music in 3/4 time	3/4	84-90 beats per minute	123 123 (strong accent on 1)
Tango	The most captivating of all ballroom dances. Originated in South America in the early 20th. It has influences from Spanish and African culture.	Basic Walk Progressive Side Step Progressive Link Close Promenade	Medium Tempo Orchestra 1, often march-like	4/4	128-132 beats per minute	Quick-Quick-slow
Viennese Waltz	A quick rotating ballroom dance with refined ride and fall. To distinguish it from the Waltz and the French Waltz, it is the oldest of the current ballroom dances. The composer is Johann Strauss.	Close Changes Natural Turn Reverse Turn	Fast Music in 3/4 or 6/8 time, often classical such as Strauss Waltzes	3/4 or 6/8	174-180 beats per minute	123 123 (strong accent on 1)
Foxtrot	Extremely versatile and can be danced to a variety of musical styles of tempo. Its modified version called the Slow Foxtrot was developed in English. Its inventor, vaudeville actor Harry Fox.	Feather Step Three Step Natural Turn Reverse Turn and Feather Finish Close Impetus and Feather Finish	Medium-slow jazz/swing music	4/4	112-120 beats per minute	Quick-Quick-Quick
Quick Step	A quick version of the Foxtrot. a ballroom dance covered of extremely quick stepping, syncopated feet rhythm and runs of quick steps. It evolved in the 1920's from a combination of the Foxtrot, Chaleston, Shag, Peabody, and one step.	Quarter Turn to Right Progressive Chasse Forward Lock Natural Turn	Up-tempo jazz/tempo music	4/4	200-208 beats per minute	Slow-Quick-Quick
ChaCha (Latin Style)	A lively, flirtatious ballroom dance full of passion and energy. The classic "Cuban motion" gives the chacha its distinctive style. And electrifying, syncopated Latin	Closed Basic Movement Open Basic Movement Alternative Basic Movement in place Spot Turn Underarm turns to R & L	Medium-tempo Latin music	4/4	128 beat per minute	2, 3 4 & 1, 2, 3 4 & 1

	dance which originated in Cuba in the 1950's as a slow-down Mambo.					(accent on count 1)
Samba (International Latin)	The most popular with young people as well as older generation of all Brazilian ballroom dances. It can be performed solo or with partner. Originated in Brazil at the beginning of the 20th century. A book published in France in 1928 already described how to perform the samba.	Natural Basic Movement Reverse Basic Movement Basic Movement to side Progressive Basic Movement Samba walks in PP Side Samba Walk Stationary Samba Walks Rhythm Bounce	Medium Tempo Brazilian Latin music with strong downbeat	2/4	100 beat per minute	1 a2 1 a2 (accent on down beat)
Paso Doble (International Latin)	A lively and dramatic style of dance to march-like Paso Doble music. Originated in France, but modeled after the sound, drama, and movement of Spanish bullfight. Paso Doble means "double step".	Sur Place Basic movement forward Basic movement backward Chasses to R & L Drag	Dramatic, Latin "bullfight" music, Frequently a song entitled Espana Cana	2/4	120-124 beats per minute	March (one step per beat)
Line Dance	A choreographed dance with a repeated sequence of steps in which a group of people dance in one line or rows all facing each other. It includes synchronized dancing in a line pattern.					

Benefits of Dance and Creative Movement

- **Uplifting and Fun:** Ballroom and social dances include being surrounded by joyful individuals and uplifting melodies.
- **Muscle Toning:** Resisting the partner's body strength can tone muscle including sexy and toned legs.
- Alleviates Bones and Joints: Ballroom dancing helps protect bone density and prevent osteoporosis. It can also help speed up knee recovery after surgery since its a lower impact exercise than jogging or biking.
- **Improved Flexibility:** Flexibility is a major benefit of ballroom dancing, because ballroom dancing itself contains plenty of stretching and bending. Therefore, the more you dance, the more flexible you will become.
- **Brain Diet:** According to Dafna Merom, et al. (2016) on her study, dancing improves one of the cognitive domains, which is vital for learning dance and ballroom can help prevent the onset of dementia in elderly patients. The partnered benefits can also decrease loneliness for the elderly.
- **Burns Fat:** Dancing is a low-impact aerobic activity that can boost your metabolism. In just thirty minutes of dancing, you can burn anywhere between 200-400 calories. Burning an extra 300 calories a day can help you lose between 0.5-1 pound a week.
- **Creative Outlet:** As one gets into dancing, it unlocks beautiful rhythm in the body and allows to release emotions and thoughts through artistic moves.
- **Physical Conditioning:** Engaging in just about any cardiovascular or aerobic activity can help improve your heart health, lower obesity and type 2 diabetes risk, and also promote lung capacity.
- **Endurance:** Dancing is an effective way to improve general endurance. As the dance sessions get longer and longer, your muscles will be working harder and for a longer period of time.
- **Social Connectivity:** Joining any ballroom dance will expose you to meet a new circle of friends who potentially share common interests. Being more sociable can help improve your self-esteem, lower stress levels, and increase sense of humor and promote a positive outlook on life.

Ballroom Dance Etiquette

- Counter-clockwise dance travel direction
- Offer a smile and apology when accidentally bumped into others dancing.
- Outermost edge of the dance floor for fast-paced dancers, inner lanes for slow-paced dancers.
- Invitation is for all genders.
- It is also acceptable to dance with someone else aside from your partner.
- Man must return the woman to their seat.
- When dancing with somebody less skillful than yourself, it is mostly likely that you will be dancing at their level of experience, not yours.
- Dance invitations are rarely rejected.
- Applause even when there is no live band.
- Be considerate and hygienic.

Topic 14

Introduction to Hip Hop Dance

Modernization has been an influential factor in the evolution of dances. Due to urbanization, industrialization, and secularization, significant changes were evident in today's society wherein new benefits and values were observed. Science and technology are continually developing, and new standards were set in order to cope up in society. In rural settings, dances were performed as observance to the culture, celebration beliefs, worship, and social expression.

As time passes by, dancing has become a new way of competition, as well as entertaining people. Styles also became more complex, dynamic, fast and kinesthetic which requires physical capabilities. Through technology, new effects were added to dancing which enhanced the appearance of a performance, and new styles also were easily introduced and exposed to people who are growing in the modern age.

Hip-hop dance is a street dance style primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking which was created in the 1970's and was made popular by dance crews in the United States.

It is also a fun and effective way to burn calories and get your heart pumping. This high-impact cardio workout engages you to contract and helps you build muscle tone. Hip hop requires you to contract and expand the abdominal muscles in a series of quick but fluid movements.

According to the African-American vernacular English language, in 1904, the word hip=hop was derived from the word hep which means "current". It was apparently invented by a New York rapper Kevin Donovan, (known as Africa Bambaataa), who was dubbed as the grandfather of Hip-hop.

During the 1970's in New York City among young Hispanic and African-American communities, the dancing style of Hip-hop developed from the music style that was first introduced and made popular in the 1980's by media's exposure with several hip-hop dance groups in America. These groups of young people were looking for a creative outlt to escape their frustrations and disappointments with society. It started with funky beats reverberating at house or basement parties and the streets of New York. This dance then evolved as a street dance which became a cultural dance variation in the United States and is generally a form of entertainment where technical and teachable dance aspects replaced the cultural symbolism and message of the true essence of African-American hip-hop dance.

In the 1980's, the street dance arrived in the Philippines from the United States but only gained unparalleled popularity during the 1990's. There are various street dance battles held locally across the country as well as the hip-hop dance competitions internationally. The first Philippine Team who won the World Hip-hop Dance Championships is the Philippine All Stars. One of the pioneers of street dance in the Philippines is Jungee Marcelo. After almost 11 years of living in a community dominated by African-Americans in Los Angeles, Marcelo arrived in the Philippines from the U.S. in 1990's. He shared his knowledge of urban dance and started the first formal street dance class in the country.

Nature and Characteristics (Hip Hop)

- The movement of hip-hop dance contains an assertive angularity of the body posture.
- It is freestyle in nature and maybe practiced in either a dance studio or an open space outdoors.
- It consists of four fundamental characteristics such as rapping (MCing); disc jockeying (DJing); breakdancing (b-boying); and graffiti art (aerosol art).
- It can also be described by elements such as bounce or recoil, tightening of the body, agility and coordination, and fun.
- It has several styles that comprise two main categories, the old school (breaking, popping, and locking) and the new school (house, krumping, street jazz).

Basic Types of Hip-hop

Breakdancing

- has no structure and mostly about improvisations of movement
- performed in top or up rocks and more floor-oriented type of dancing
- Dancers perform acrobats such: spinning, flaring, handstands, flipping and floating.

Locking

- It encourages the body to make "lock" effect performing a quick movement.
- The hips and legs are in a stable position while the arms and hands move separate distinctly.
- It usually has the concept of comedy and performed to funk or soul music.

Popping

- A quick contraction and relaxing of muscle causing your body to vibrate or bounce(ing effect).

Boogaloo

- A very loose and wavy type of dance that displays an illusion that a performer has no bones.
- a combination of popping and locking
- It results to a dance effect inspired by robotics, hydraulic and animations.

Lyrical

- A slow hip-hop dance in which the choreography depends on the beats or lyrics of the music.
- It can be done with a partner or solo while using soft-beat songs.
- It is somehow similar to modern, contemporary and ballet movements but more on dynamic and snappy.

Exercise Methods

Strength	Push up, sit-up, plank, squat, lunge, good morning and deadlift	This helps muscle to move dynamically and bear body weight during dancing.
Agility	High knee, stutter step, lateral and multi-directional footwork drill, ladder	This is essential to dancing which helps the performers to quickly shift weights, direction and places to another.
Balance	Simple one-legged balance, twist jump, lift-off	This is necessary in dancing due to shifting movements that dancing requires.
Flexibility	Sit and reach, standing toe touch, spinal twist, quadriceps stretch, side bends	This enables performers to move in a wide range of motion.
Cardiovascular endurance	Jogging, dance aerobics, interval spinning	Dancing is a moderate to long duration type of activity wherein a lot of energy is required to sustain movements.

Music and Effects

It developed as part of hip-hop culture, a subculture defined by four key stylistic elements: MCing/rapping, DJing/scratching with turntables, breakdancing, and graffiti writing. Other elements include sampling beats or bass lines from records (or synthesized beats and sounds), and rhythmic beatboxing. While often used to refer solely to rapping, "hip-hop" more properly denotes the practice of the entire subculture.

Benefits of Hip-hop Dance

Hip-hop dance can be great way to exercise while having fun. With a few simple steps, you may find yourself at an improved fitness level.

- It increases stamina and endurance.
- It tones the abdominal and strengthens the core.
- It aids in weight loss.
- It strengthens the heart.

Topic 15
Importance of Physical Activity Participation

Dance is an activity which can take many forms and fill many different needs. It can be recreation, entertainment, education, therapy, and religion. In its purest and most basic form, dance is art, the art of body movement.

- It is a form of art using rhythmic bodily movements expressing ideas and emotions and accompanied by music.
- As an art form, it may tell a story, set a mood, or express an emotion.
- It is also a form of creation and considered a form of socialization.

Health Behaviors in Dancing

There are many forms of dance, from ballroom to disco. Dance has always been a part of human culture, rituals, and celebrations. Today, most dancing is about recreation and self-expression, although it can also be done as a competitive activity. Dancing is an enjoyable way to be more physically active and stay fit.

Health Benefits of Dancing

Dancing can be a way to stay fit for people of all ages, shapes, and sizes. It has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs
- increased muscular strength, endurance, and motor fitness
- increased aerobic fitness
- improved muscle tone and strength
- weight management
- better coordination, agility, and flexibility
- improved balance and spatial awareness
- increased physical confidence
- improved mental functioning
- improved general and psychological well-being
- greater self-confidence and self-esteem
- better social skills
- stronger bones and reduced risks of osteoporosis

Benefits of Creative Movement

1. Develops cardiovascular and muscular endurance
    - Helps in keeping the brain sharp
    - Decreases incidence of dementia, Alzheimer's disease, and depression
    - Increases self-esteem and improves body image
2. Improves coordination, body flexibility, and body composition
3. Lowers chances of acquiring cardiovascular disease
4. Enables joint activity

Barriers to Physical Activity such as Dancing

Getting involved in physical activities can be attributed to personal and environmental factors. A person may experience a variety of challenges along the way. This hinders the person to be physically active, hence, referred to as barriers.

Personal Barriers
With the current trends in technology and development, people's lives have become convenient and easier and less active as well. People may also have reasons or own justifications of their inactivity that form their attitude towards physical movement, letting them live a sedentary life.

Some common explanations (barriers) that people cite for resistance to dancing are:

- Insufficient time to dancing
- Inconvenience of dancing
- Lack of self-motivation
- Non-enjoyment, boredom
- Lack of confidence in their ability
- Fear of being injured
- Lack of self-management skills such as the ability to set personal goals
- Lack of encouragement, support from family and friends

Environmental Barriers
Some may not notice, but the space and the setting where people live greatly influence a person's participation in dancing. The constant exposure and the daily interaction with the people and things around them has a great impact on the person's preference towards bodily execution and the movement.

Topic 16

Cheer Dance for Fitness

Over a period of time, many cheer teams carry out strength training and conditioning exercises regularly to build the muscles needed to perform stunt sequences, tumbling passes, and jumps and these moves will build powerful muscles in the lower body, shoulders, and core.

Cheer dance is relatively new in field of sports and dance as it has only emerged during the early 1990s as part of the cheerleading events. It is one of the categories in the International Cheerleading Competition that focuses on dance techniques and basic elements of cheerleading. Cheer dance also serves as dance fitness to develop the cardiovascular, flexibility, strength, and power of an individual's body.

Cheer dance is coined from the words "cheer" and "dance." To cheer is to shout out words or phrases that may well motivate team and perform better during the Game and dance on the other hand.

Cheerleading is an activity in which the participants (called cheerleaders) cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activity. It can be performed to motivate a sports teams, to entertain the audience, or for competition. Competitive routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

History. Cheerleading history is linked closely to the United states history of sports, its sporting venues, as well as the historic development of overall crowd participation at many athletics events. However, its origins can be traced as far as the late 19th century where in 1860s, students from Great Britain began to cheer and chant in unison for their favorite athletes at sporting events. This then eventually reached and influenced America. In the late 1880s, the first organized recorded yell done in locomotive style that was performed in an American campus and was first seen and heard during a college football game. However, organized all-male cheerleading only transpire when Thomas Peebes, one of the graduates of Princeton University, brought the yell and the football sport to the University of Minnesota in 1884. It was through the initiative of Jhonny Campbell, a student from the University of Minnesota, that cheerleading officially began in November 2, 1898. Female students were encouraged to participate in cheerleading since majority of the male students participated in cheering teams and pep squad. During the 1920's up to the world War II when most of the men were sent to serve the army, the women begun to dominate this event. Cheerleading Philippines (CPF) is the national confederation of cheerleading organization and the official governing body of cheerleading and cheer dancing in the Philippines. It is affiliated with the International Federation for Cheerleading and the continental body, the Asian Federation of Cheerleading. Events included are mixed cheer, all female, partner stunts, and cheer dance, all of which are official events in cheerleading worldwide. It is under the umbrella of the Gymnastics Association of the Philippines, a full member of the Federation International Gymnastics (FIG), The Philippines Olympic Committee (POC) and recognized by the Philippines Sports Commission (PSC), the Commission of Higher Education (CHED), and the Department of Education (DepEd). The SPF is mandated to sponsor and sanction cheerleading and cheer dance national and international competitions. The National cheerleading Championship (NCC) conducts camps and competition in provinces and cities across the Philippines, called the Regional Qualifiers. The top teams then move on to compete against the best in the country's biggest cheerleading competition, called national. It is the mission of NCC to establish a world-class cheerleading program that allows athletes to excel internationally.

Elements

A cheerdance performance consist of different structured and organized movements which are being scored when in competition, the movements must be proper and efficient in order to earn scores and avoid deduction. Here are the elements of cheer dance to consider in creating a routine:

Yells/Chants

- are usually done by performers with pride and confidence

Jumps

Types of Jumps

a. X Jumpspread Eagle: simply swing and jumps with arms doing high "V" figure and legs apart, knees facing forward but not toward the sky. This jump is used as a progression to learn more advance jumps.
b. Tuck Jumps: legs in front while knees tucked to the chest. Closed fist and arms spread forming "T" or "V" figure.
c. Toe Touch: one of the most common jumps used in cheerleading. Legs are straddled, straight and parallel to the ground forming "V" figure. Knees face the sky, toes pointed, arms form "T" position, closed fist and must not touch the toe despite the name.

d. Pike: legs are straight, together, and parallel to the ground. Toe are pointed, arms are straight reaching the front while hands are in closed fist.
e. Hurdle: one leg straight facing forward (front hurdle) or facing outward (side hurdle) with arms forming "T" figure. The other leg is bent, knees facing the ground (front hurdle) or facing forward (side hurdle)

Jumping movement breakdown

1. Starting / Standing position — feet together and arms by the side of the body
2. Preparatory — hands are clasped, raised in high "V" position
3. Dip — bending of knees, swinging of the arms across the body and in front of the knees
4. Jump execution — power must be generated by the legs muscle
5. Recovery / Landing position — knees are slightly bent for weight absorption, with arms to the side of the body

Stunts

- most stunts are done by the flyers (usually female) with base (male lifter) and spotters. It is essential to know the proper execution of the stunts to secure the safety of both flyers and lifters.

Basic types of stunt

- basket
- toss
- prep
- full extension
- thigh stand
- shoulder sit
- spotting

Pyramid

- It is a stunt where cheer dancers stack their selves up above to one another forming layers.

How to build a pyramid

1. Transition or set-up — dancers position themselves in a formation for pyramid
2. Loading — the flyers are being lifted to build the pyramid
3. Hit — This is the time where the flyer, bases, spotter execute the final pose of the pyramid
4. Dismount — flyer jumps off the bases and lands on the ground safety

Tumble

- is an excellent way to add extreme, thrill, and excitement in skills in cheer dance. Safety and security must always be observed to avoid injury especially tumble skills involve gravity-defying and intense ground impact.

Types of Tumbling Skills

- Standing — completing a tumble in a stationary position
- Running — completing a tumble from a running start

Dance

- different theme (e.g. anime, superheroes, animal culture) inspire most of the choreograph of cheer dancing. Hip-hop, contemporary, and festival type of dances can be applicable in creating a cheer routine. Synchronization is one of the most important factors to be considered to create a precise and entertaining routine.

Cheer Motion

- made up of hand, arm, and body position. Although cheer styles may vary according to the cheerleaders' preferences, all motions originate from the standard basic motion.

Exercise Methods

Strength	Agility	Balance	Endurance	Flexibility	Coordination
• Press • Push-ups • Planks • Jump squats • Dead lifts	• Sprints • Change direction	• One-legged balance • Twist jumps • Flamingo leg balance	• Jogging • Dancing • Interval running	• Sit and reach • Splits • Bending	• Marking • Music and dance simulation

Benefit

The specific techniques that cheer dance requires causes the body to develop a different system which can be healthy benefits to participants. Cheer dance is also a long-time physical activity wherein the body needs to sustain enCough energy to perform which causes the body to burn calories. Body weight is strictly managed when in a team, so cheer dancers observe proper eating habit.

- Maintains a healthy level of fitness
- Strength training
- Coordination
- Flexibility
- Improves posture
- Develop team building
- Improves confidence
- Learn to take direction
- Set personal goals
- Build relationship with fellow team members

Do's and Don't's

Do	Don't
Eat the right kind of food and any try various physical activities.	Take practices for granted.
Sign up for training camps.	Push yourself too much. If hurt, or injured, do not push yourself to attend practice.
Wear proper attire. Use the right clothes and right shoes during cheerleading practice and competition.	

Topic 17
Nature of Recreational Activities

- Recreation is an activity done for enjoyment when one is not working.
- Recreation is an activity of leisure, leisure being discretionary time. The "need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun".

Physical activity and mental health

Being physically active:

- Protects against mental health problems
- Decreases depression in older adults
- Reduces the symptoms of post-natal depression
- Is as effective as medication for mild to moderate anxiety and depression
- Improves self-esteem and cognitive function in young people
- Playing sports reduces psychological distress by
    - 34% 1-3 times a week
    - 47% 4+ times a week
- People who participate in sports clubs and organized recreational activity enjoy better mental health

Social support, social networks, social cohesion, social capital ↔ Participation in organised sport and recreation ↔ Improved physical and mental health and well-being ↔ Cognitive function ↔ Reduction of obesity

Recreational Activity

1. It relaxes your mind and body.
2. It relieves your day to day tension.
3. Universal need of man.
4. The act of making something for a second time or refreshment for the body, mind, and spirit through play and relaxation.

Values derived from Recreation

- Mental Health — cognitive, behavioral, emotional well-being of a person; form of recreation that can develop your cognitive; board games
- Physical and Health Growth — involves physical activities
- Emotional Stability — capacity of one person to balance their emotions under distressful circumstances
- Social fitness — interpersonal relationship
- Psychological awareness — how you think of others; criticism

Types of Recreational Activity

- Physical — minor sports (badminton, jogging, cycling); group games (basketball, volleyball); camping; outing; workout
- Social — dancing; attending parties (parlor games)
- Cultural — arts and crafts; joining music ministry clubs; theatrical arts; writing and painting; calligraphy
- Intellectual — songwriting; poetry writing; jingle writing; puzzles; board games

Classification of Recreational Activity

- Spectator — People spend their time watching the event and derive enjoyment from it
- Participant — People do not gain enjoyment merely by watching; they do so by joining the activity
- Active — People have to function effectively in performing the action
- Passive — People have no excessive movement in performing the task or action
- Physical — People exert effort and bodily functions in performing the action
- Mental — The mind is doing the function with less body movement
- Public — Involves the general public
- Private — Confines to people working in private companies

Topic 18

Different Aquatic Activities and its Health Benefits

The term "Aquatic Activities" can be defined as motor activities performed in water for purposes that may be utilitarian, competitive, educational, therapeutic, or recreational. With regard to research, swimming is probably the most studied of all sports (Barbosa et al., 2010). In doing such activities, it is not the skills that develop alone but also the individual fitness. And that is what we called Aquatic Fitness, defined as activities performed in the water that promote and enhance physical and mental fitness.

Different Aquatic Activities

Fishing

Fishing is the activity of trying to catch fish. Fish are normally caught in the wild. Techniques for catching fish include hand gathering, spearing, netting, angling and trapping. The term fishing may be applied to catching other aquatic animals such as mollusks, cephalopods, crustaceans, and echinoderms. The term is not normally applied to catching farmed fish, or to aquatic mammals, such as whales, where the term whaling is more appropriate.

Fishing Style or Technique

1. **Hand-Gathering** is the act of fishing with the simplest set of tools – your hands. There are many styles of hand-gathering fishing, such as simply picking up shellfish or clam digging at the beach. Pearl divers are also hand-gatherers, and divers can also fish for lobsters using just their hands.
2. **Spearfishing** refers to any form of fishing that involves impaling the fish using a spear on a long pole. Spearfishing is usually done in shallower waters when the fish are visible. It requires you to be quick and precise with your movements. You can spearfish off a boat or by wading into the water.
3. **Netting** a style of fishing using nets to capture many fish at once. It's the main method of commercial fishing.
4. **Angling** refers to using a hook attached to a line to catch fish. Angling is almost always done with some type of bait and sinker on the hook. It can be done on the shore, off a dock, or on a boat.
5. **Trapping** refers to the sinking of baited traps to the bottom of the seabed in the hopes fish swim into the trap. The traps resemble large cages and are commonly used for crab and lobster fishing.

Water Sports

Water Sports is a sport played or practiced that takes place in or on water. This is one of the great forms of exercise because it benefits both the body and mind.

Types of Water Sports

1. **Surfing** — Surfing is a water sport that involves riding breaking waves to shore in an upright or prone position using an equipment called surfboard. Surfers catch ocean, river, or man-made waves, and glide across the surface of the water until the wave breaks and loses its energy.
2. **Sailing** — Sailing specifically refers to the sport of using wind to power sails and propel the boat forward (rather than engines) on the surface of the water, on ice or on land over a chosen course, which is often part of a larger plan of navigation. A course defined with respect to the true wind direction is called a point of sail.
3. **Swimming** — Swimming is an individual or team sport that involves using arms and legs to move the body through water. Typically, it takes place in pools or in open water (e.g., in a sea or lake). Swimming is a sport that tests your fitness and stamina.
4. **Windsurfing** — Windsurfing combines elements of surfing and sailing. The equipment used here is a surfboard with a sail fixed on a movable mast. The surfer has to move with the waves to control the board and at the same time manage the sail according to the winds.
5. **Jet Skiing** — Jet ski is a small machine like a motorcycle that is powered by a jet engine and can travel on the surface of water.
6. **Wakeboarding** — Imagine surfing while being towed along by a high-speed boat. That's wakeboarding in a nutshell. Also, it is called Cable Wakeboarding. It involves riding a wakeboard over the surface of a body of water. It was developed from a combination of water skiing, snowboarding, and surfing techniques.
7. **Water Skiing** — It is also called as Cable Skiing. It is a surface water sport in which an individual is pulled behind a boat or a cable ski installation over a body of water.
8. **Kite Surfing** — Kitesurfing uses a small surfboard or wakeboard which is pulled by a kite. Also, it is called as Kite Boarding or Sky Boarding. You will need to go through some training in order to understand the movement and direction control of the kite.
9. **Skimboarding** — Skimboarding is a sport similar to surfing which takes place near the shore. It is a boardsport in which a skimboard (much like a surfboard but smaller and without fins) is used to glide across the water's surface to meet an incoming breaking wave, and ride it back to shore.

10. **Bodyboarding** — Bodyboarding is a water sport in which the surfer rides a bodyboard on the crest, face, and curl of a wave which is carrying the surfer towards the shore. It is also called as Boogie Boarding. Bodyboarders typically use swim fins for additional propulsion and control while riding a breaking wave. It is the art of riding waves in a prone position.
11. **Cliff Diving** — Cliff diving is probably the least complicated extreme sport. There's no equipment to buy, no special clothing to wear and no provider services to hire. It's just your body, sailing through the air from dizzying heights and plunging into a body of water below. Think of jumping off an eight-story building.
12. **Scuba Diving** — People have been longing to discover what lies deep beneath the sea. Scuba diving makes this possible by allowing people to swim underwater without needing to hold one's breath. The diver uses a self-contained underwater breathing apparatus (scuba) which is completely independent of surface supply, to breathe underwater.
13. **Synchronized Swimming** — Synchronized swimming is a hybrid form of swimming, dance, and gymnastics, consisting of swimmers (either solos, duets, trios, combos, or teams) performing a synchronized routine of elaborate moves in the water, accompanied by music. It demands advanced water skills, and requires great strength, endurance, flexibility, grace, artistry and precise timing, as well as exceptional breath control when upside down underwater. During routines, swimmers are required to not touch the bottom of the pool.
14. **Synchronized Diving** — Synchronized diving is a diving sport in which two divers perform the exact same dive simultaneously. It can be done solo or synchronized, where 2 divers must mimic or perform opposite diving forms, while diving simultaneously.
15. **Triathlon** — A triathlon is a multiple-stage competition involving the completion of three continuous and sequential endurance disciplines. It involves swimming, cycling, and running various distances in immediate succession.
16. **Water Polo** — Water polo, a sport played in a swimming pool by teams of seven with a buoyant ball resembling an association football (soccer ball). The game was originally called "football-in-the-water," and indeed it is more like association football and basketball than polo.
17. **Aquajogging** — Aquajogging involves wearing a flotation device around your middle and then moving your arms and legs in a running motion in the deep end of the pool. It is also called as Deepwater running. Your feet should not touch the floor of the pool and you should make slow forward progress. It is probably the most common form of cross-training among elite athletes.
18. **Barefoot Skiing** — Barefoot waterskiing is one of the most intimidating and rewarding water sports in practice today. These skiers travel at high speeds on just the skin on their feet! To some this is appealing; however, due to the mental obstacles' barefooting brings, many beginners can be discouraged.
19. **Canoeing** — Canoeing is a sport which involves paddling a canoe with a singlebladed paddle.
20. **Dragon Boat Racing** — Dragon boat racing is the most popular activity during the Dragon Boat Festival. It is also called as Rowing. It is a human-powered wooden watercraft. It is shaped and decorated in the form of a Chinese dragon. Additionally, it varies in size by region, and the crew numbers change accordingly. Generally it is about 20–35 meters in length, and it needs 30–60 people to paddle it.
21. **Flyboard** — A Flyboard is a brand of hydroflighting device which supplies propulsion to drive the Flyboard into the air to perform a sport known as hydroflying. A Flyboard rider stands on a board connected by a long hose to a watercraft. Water is forced under pressure to a pair of boots with jet nozzles underneath which provide thrust for the rider to fly up to 15 m (49 ft) in the air or to dive headlong through the water down to 2.5 m (8 ft).
22. **Flowboard** — Flowboarding, also called as Flowriding, is an alternative boardsport incorporating elements of surfing, bodyboarding, skateboarding, skimboarding, snowboarding and wakeboarding. Flowriders ride on artificial waves that are technically called "sheet waves".
23. **Kayaking** — Kayaking is the use of a kayak for moving across water. It is distinguished from canoeing by the sitting position of the paddler and the number of blades on the paddle. Most kayaks have closed decks, although sit-on-top and inflatable kayaks are growing in popularity as well.
24. **Kneeboarding** — Kneeboarding or Towsport, is a water sport where the rider is towed at planing speed behind a motorboat on a hydrodynamically-shaped board. Unlike water skiing and wakeboarding, kneeboarders enjoy a much lower centre of gravity, making balancing much easier, and making the falls often less painful.
25. **Paddleboarding** — Paddleboarding participants are propelled by a swimming motion using their arms while lying, kneeling, or standing on a paddleboard or surfboard in the ocean. This refers to traditional prone or kneeling paddleboarding. Moreover, a derivative of paddleboarding is stand up paddle surfing and stand up paddleboarding. It is usually performed in the open ocean, with the participant paddling and surfing unbroken swells to cross between islands or journey from one coastal area to another.
26. **Parasailing** — In Parasailing, a person is towed behind a vehicle (usually a boat) while attached to a specially designed canopy wing that reminds one of a parachute, known as a parasail wing. It is also alled as Parascending or Parakiting. The manned kite's moving anchor may be a car, truck, or boat. The harness attaches the pilot to the parasail, which is connected to the boat, or land vehicle, by the tow rope. The vehicle then drives off, carrying the parascender (or wing) and person into the air. If the boat is powerful enough, two or three people can parasail behind it at the same time. The parascender has little or no control over the parachute.
27. **Rafting** — Rafting is a sport that involves drifting or paddling down a river with a group of people being guided by a trained guide. You will travel in groups in rafts, joining forces with a group of people, together working as a team to navigate the way down the river.
28. **Yachting** — A sailboat or motorboat used for recreation. Most yachts are privately owned and big enough to contain a cabin, but even small, cabin-less dinghies are sometimes described as yachts.

29. **Cave Diving** — Cave diving is underwater diving in water-filled caves. Combining the claustrophobic subterranean thrills of caving, and the perilous aquatic environment of diving, cave diving is one of the more dangerous forms of exploration on the planet. In addition to the threat of running out of air, the chances of getting disoriented and lost in an underwater cave are high for those without the proper training.
30. **Ice Diving** — If extreme, unusual and challenging scuba diving scenarios appeal to you, try diving under the ice. Ice diving is a type of penetration diving where the dive takes place under ice. The chance to see penguins and leopard seals underwater comes to mind, but the Arctic isn't the only place for ice diving. Much of the Northern, and some of the Southern, Hemisphere experiences below-freezing temperatures each year, so marine and freshwater bodies could be partially or completely covered in ice and snow.
31. **Powerboating** — If you love speed and racing, then this is a sport for you. It is also called as Motorboating or Speed Boating. These powerboats reach speeds high enough to get your adrenaline pumping and enjoy the thrills of a race. Hence, it is a fun and enjoyable ride.
32. **Snorkeling** — Snorkeling is swimming on the surface or through water with a diving mask, fins, and a hollow tube called a snorkel (a pipe that helps you breathe underwater).
33. **Spearfishing** — Spearfishing combines the thrill of the hunt with swimming in the ocean and eating healthy, tasty fish. It may be done using free-diving, snorkelling, or scuba diving techniques.

Health Benefits of Water Sports

Water sports are very popular not only because of the adrenaline-rush, while getting tanned and toned, but also because of several health benefits. In most cases, water sports are done outdoors where you get to breathe in fresh air and be one with nature. It lifts your spirit up, sets you in a good mood and keeps you refreshingly energized! And if you are a more health-conscious person, you will be glad to know of the following added health benefits that water sports offer.

a. **Decrease Risk for Chronic Disease:** Water sports are a great form of exercise because it works almost every part of your body, helping you burn calories the natural way. It increases your metabolism and thus your fluid intake and appetite, which in turn helps you avoid binge eating. It helps you stay healthy and energized that improves immunity against chronic diseases.
b. **Decreases Risk for Diabetes and Chronic Heart Disease:** People with diabetes and chronic heart disease will need a lot of lifestyle changes to keep their overall health in check. Water sports or even just simply floating on water and doing some light exercises will help lower stress levels and keep you relaxed, which is good for the heart and the body in general.
c. **Beneficial for People with Arthritis:** The fluidity of water is gentle and naturally soothing to achy joints. Water activities like snorkeling and swimming will facilitate the use of the affected joints without exacerbating the symptoms. Hydrotherapy is a preferred treatment for people suffering from rheumatoid arthritis.
d. **Improves Bone Density:** Working out muscles on a treadmill may not be the best option for older people and post-menopausal women. Water sports like canoeing, water bikes, paddling and the like are a much preferred form of exercise that helps increase bone density.
e. **Enhances Mental Health:** Like any other sports or form of exercise, water sports are good for the body. Additionally, it is also good for the mind. The tranquil quality of water reduces stress, anxiety and depression. Swimming for instance has been proven to improve the mood in both men and women.

Topic 19

Overcoming Barriers to Physical Activity Participation

Barriers to Physical Activity Participation

- **Time** is one of the essential factors in engaging in recreational activities. However, not all have their available time to participate in any physical activities because of work, studies and household chores. An example of this is a call center agent, aside from changing their clock due to graveyard shift, it is hard for them to engage in any recreational activities in the morning because they're totally exhausted.
- **Motivation:** Each individual has their own personal motivation when participating in sports or recreational activities. It can be for health purposes, enjoyment, relaxation and meeting people. However, there are still people who are lacking self-motivation in engaging in activities because they don't see themselves doing it, they don't have any support from people around them. Example of this is an introverted person. When an individual is a shy, aloof person or afraid to meet people, it is hard for them to engage in different activities due to lack of communication and confidence.
- **High Cost and Lack of Facilities:** People want to engage in sports and recreational activities for as long as they can however not all can continue and support their loved activities because of the high cost to avail the equipment and lack of facilities. There are many low maintenance recreational activities like walking, jogging, dancing, meditation, badminton, volleyball and basketball where basic skills can be played outdoors. Thus, there are also high maintenance sports and recreational activities where there is a specialized place and equipment to be used like Golf, Fencing, Football and Swimming. Hiking and mountaineering can also be classified as recreational activities.
- **Physical Limitations:** The goof thing about sports is that is developed for the people. Everyone is highly encouraged to participate in any recreational activities and sports for as long as they can but some are having difficulties in achieving it because of some physical limitation. Examples of this are the people having asthma, heart attack and other chronic diseases. They can engage in sports but in limitations. They don't need to exceed their highest potentials because it can give major problems in their body.
- **Disabilities:** A disability is any condition that makes it more difficult for a person to do certain activities or interact with the world around them. This is a major barrier why an individual cannot participate in sports because of their physical conditions. It can be deaf, amputated, or physically challenged individuals. Because of this they're restricted to participate in any sports. Yet there are still programs for the physically challenged individual for them to participate in sports and it is called Paralympics.
- **Weather Conditions:** Weather is also a factor why individuals limit their engagement in recreational activities and sports because there are indoor and outdoor games and activities. Weather conditions may affect individual participation in sports however it can be managed at all.

Strategies in overcoming Barriers to PA Participation

Time

- Identify available time slots. Monitor your daily activities for one week Identify at least five 30-minute time slots you could use for physical activity.
- Add physical activity to your daily routine. For example, walk or ride your bike to work or shopping, organize school activities around physical activity, walk the dog, take the stairs, exercise while you watch TV, park farther away from your destination, etc.
- Select activities, such as walking, jogging, or stair climbing that you can do based on the time that you have available (e.g., 5 minutes, 10 minutes, 20 minutes).
- Take advantage of work physical activity facilities and/or programs. Hold walking meetings and conference calls if possible. During phone calls try to strand, stretch, or move and walk around some, of possible.

High Cost and Lack of Facilities

- Select activities that require minimal facilities or equipment, such as walking, jogging jumping rope, or calisthenics.
- Identify inexpensive, convenient resources available in your community (community education programs, park and recreation programs, worksite programs, etc.).

Motivation

- Plan ahead. Make physical activity a regular part of your daily or weekly schedule and write it on your calendar.
- Invite a friend to exercise with you on a regular basis and write it on both your calendars.
- Join an exercise group or class.

Physical Limitation

- Select activities that don't require new skills, such as walking, climbing stairs, or jogging.
- Take a class to develop new skills.

Disabilities

- Learn how to warm up and cool down to prevent injury.
- Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
- Choose activities involving minimum risk.

Weather Conditions

- Develop a set of regular activities that are always available regardless of the weather (indoor cycling, aerobic dance, indoor swimming, calisthenics, stair climbing, rope skipping, mall walking, dancing, etc.)

The Benefits of PA Participation

Participation in recreation and sports activities can have many benefits for both the individual and community. These include:

- Health Promotion and Disease Prevention — recreation and sports activities are an enjoyable and effective way to improve health and well-being; they can relieve stress, increase fitness, improve physical and mental health, and prevent the development of chronic diseases, such as hear disease;
- Skills Development — physical and social skills are some of the many skills that can be developed through participation in recreation and sports activities;
- Awareness raising, reduction of stigma and social inclusion — recreation and sports activities are a powerful, low-cost means to foster greater inclusion of people with disabilities; they bring people of all ages and abilities together for enjoyment, and provide people with disabilities the opportunity to demonstrate their strengths and abilities, and promote a positive image of disability;
- International Peace and Development — sport is a universal language that can be used as a powerful tool to promote peace, tolerance and understanding by bring people together across boundaries, cultures and religions; and
- Empowerment — recreation and sports activities can empower people with disabilities by positively influencing their self-confidence and self-esteem.

Recreation is an activity of leisure, leisure being discretionary time. Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun". Recreation refers to all those activities that people choose to do to refresh their bodies and minds and make their leisure time more interesting and enjoyable. Examples of recreation activities are walking, swimming, meditation, reading, playing games and dancing.

According to Dr. Joe, "The mind and body are not separate, what affects one, affects the other." Participating in any sports or activities as a recreational activity is essential to have a happy life. Having a positive mind and strong body can make lives wonderful. Believing in oneself can change everything. Planning in engaging in different recreational activities is one of the best ways to achieve our goal and that is happiness and enjoyment.

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Topic 20

The Role of Physical Activity in Stress Management

Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response". Excessive stress can gravely influence your physical and mental welfare. Persistent physical and physiological stress can reduce self-worth, lessen your interpersonal and intellectual efficiency and create a cycle of self-blame and self-doubt. Difficulties in handling stress may result in mental health problems such as depressions, suicidal tendencies, headaches and many more.

Stress Signals

It is important to be aware of your unique stress "signals" as stress influences each of us in different ways. Categories of stress indicators are thoughts, feelings, behaviors and physical symptoms.

When you are stressed, you may experience one or all of the following.

- Feeling — nervousness, bad temper, fear, irritably, shame
- Thoughts — self-criticism, trouble concentrating, making decisions, poor memory, anxiety about the future, recurring thoughts, fear of failure
- Behaviors — crying, increased or decreased desire for food, acting on impulse, alcohol or other drug use including smoking, tensed laughter, teeth grinding, or jaw gritting, stammering or other speech trouble, being clumsy or accident-prone
- Physical — sleep disorder, stiff muscles, headaches, exhaustion, cold or sweaty hands, back or neck problems, stomach distress, more colds and infections, fast breathing, palpitation, trembling, dry mouth
- Physical — sleep disorder, stiff muscles, headaches, exhaustion, cold or sweaty hands, back or neck problems, stomach distress, more colds and infections, fast breathing, palpitation, trembling, dry mouth

Other Symptoms of Stress

Physical Symptoms	Emotional Symptoms	Behavioral Symptoms
• Dry mouth • Excessive perspiration • Frequent illnesses • Gastrointestinal problem • Grinding of teeth • Headaches • High blood pressure • Pounding heart • Stiff neck or aching of lower back	• Anger • Anxiety or edginess • Fatigue • Depression • Inability to concentrate • Irritability • Having trouble remembering things	• Crying • Disrupted eating habits • Harsh treatment of others • Increased use of tobacco • Intoxicated with alcohol, or other drugs • Poor communication social isolation

Sources of Stress

Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope with it. Some sources of stress for teens might include:

- School demands and frustrations
- Negative thoughts and feelings about self
- Changes in their body
- Problems with friends and/or peers at school
- Unsafe living environment/neighborhood
- Separation or divorce of parents
- Chronic illness or severe problems in the family
- Death of a loved one
- Moving or changing schools
- Taking on too many activities or having too high expectations
- Financial problems within the family

Some teens become overloaded with stress. When stress is inadequately managed, it can lead to anxiety withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use.

Stress management is one of the most important life skills that we all need to learn in this fast-paced life. Sources of stress are around us, from work, business, money, love, marriage, and even family. Thus, learning ways to cope with stress is inevitable. There are numerous ways to deal with stress depending on the stress level of the individual and overall attitude towards life.

Exercise has many associated health benefits, such as lower blood pressure, weight loss and improved health of the heart. It can also be a powerful stress reduction technique. In fact, physical activity is one of the best and most effective natural stress relief preferences.

- **Mood Elevation** — Physical activity can improve disposition and presence of mind that reduces stress brought by mild cases of anxiety and worry. Exercise can also improve quality of sleep which certainly can have an impact on one's general mood.
- **Endorphin Release** — Taking part in physical activity can result in an increase in endorphin levels. Endorphins are chemicals or neurotransmitters released from the brain that have analgesic properties that make someone feel good.
- **Meditation-Like Qualities** — Exercise can be similar to a form of meditation. Simultaneous with your involvement in an interesting physical activity, you may discover that you are concentrating strictly on the exercise. Troubles and doubts that may be a part of your life may not be on your mind throughout the workout.
- **Reduction of Fight or Flight Response** — Stress no matter how big or small, triggers your fight or flight reaction and in doing so, floods your body with a mixture of different hormones including cortisol, adrenaline, and noradrenalin. Exercise metabolizes the hormones brought by the fight or flight response. It burns off these chemicals so that you do not feel like fighting with someone or hiding from the world. Once these hormones burn themselves out, you will feel at peace and prepared to face the world anew.

Types of Exercise That You May Try

Any physical activity that enhances the respiratory rate and causes an affirmative mental distraction is a good choice for stress management. this includes solo activities and ones that include a companion.

A few examples of physical activities that people can work to reduce stress are the following.

- Running
- Swimming
- Tennis
- Biking
- walking
- Yoga

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Topic 21
Goal Setting

Goal setting is making a commitment to change relates to your belief that you can change and you are accepting the responsibility. Writing a self-contract is a helpful technique in this process. A self-contract is a specific plan of action that helps you attain your goals. Goals motivate you to change a behavior.

These goals have to be specific, measurable, attainable, relevant, and time-bound (SMART).

- **Specific** — Your goals must be detailed enough that you would know how to do it. If you want to lose weight. Do it gradually by planning an exercise routine for a month. You may also change your diet by cutting back on processed food. This way your goal will be more concrete.
- **Measurable** — You must be able to track your progress hence, your goals must be measurable. How will you know your cardiovascular endurance has improved? How can you tell if you have become more flexible? These can be measured by the distance that you can run or walk in a specific time frame or performance in a flexibility test. Making your goals measurable can assure you of progress and have a sense of fulfillment
- **Attainable** — If your goals are specific and measurable, it naturally follows that these goals are attainable. If they are too vague, you will be clueless how to start and be stuck in wishing that you did.
- **Realistic** — The goals that you set must be realistic in a sense that it is safe for you to do. In the previous lessons, you learned about the PAR-Q and the different exercise risks. You must think how you can achieve your goal in a safe and healthy manner. Without this, you may be harming your body rather than becoming healthy.
- **Time-bound** — This is related to your goals being measurable. To truly have progress in achieving your goal, you must also have a target frame wherein you would achieve it. The time must not also be too long that your body stops progressing.

Also try to anticipate potential barriers that you will encounter and plan for ways to overcome them, if your goal is to camp outdoors, what are your alternatives when it rains or lockdown?

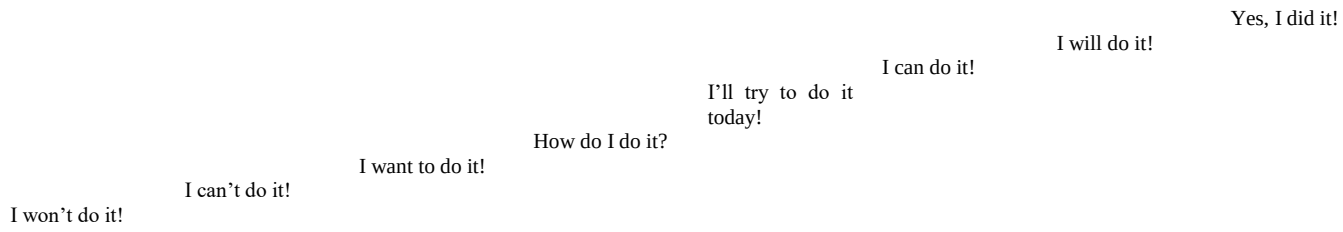
Will you camp outdoors on rainy days, find alternative activities that you can do indoors?

You should also set your own goals so that they are relevant to you, and not just because they are required of you in class. Goals that you have personally set can challenge you more and help you be consistent than those set by others for you.

Rewards

Reward yourself or allow yourself to be rewarded by others when you have achieved your goals. Be careful though of reinforcing yourself with destructive behaviors, for example eating a buffet meal after successfully cutting down on your sugar intake. You can reward yourself instead with a message or buy a new pair of shoes. Rewards can powerfully reinforce behavior.

Steps in Getting to your Goal



Introduction to Philosophy of the Human Person

Topic 1
Philosophy

Descartes found the need to philosophize through his doubting method.

- He was famous in questioning to establish ideas and even went far questioning his own ideas. His famous methodic doubt was a way for searching for certainty though tentatively doubting everything, as he said, "doubt everything that can be doubted."

Etymology

- The word "philosophy" comes from two Greek words phil meaning to love, and sophia meaning wisdom.
- It originally meant love of wisdom and in the broad sense, wisdom is the goal of philosophy.
- Philosophy is also defined as the science that by natural light of reasons studies the first causes or the highest principles of all things.

Science

- the investigation is systematic
- follows certain steps; employs certain procedures
- an organized body of knowledge just like any other sciences

Natural Light of Reason

- Investigates things not by using any other laboratory instrument or investigation tools, neither on the basis of supernatural revelation, otherwise it becomes theology, instead the philosopher uses his natural capacity to think or simply, human reason alone or the so-called unaided reason.

Study of All Things

- This sets the distinction between philosophy from other sciences.
- All other sciences concern themselves with particular object of investigation.
    - Anthropologists study human beings in relation with the society;
    - sociologists study society, its forms, structure, and functions;
    - botanists focus their attention to plants;
    - linguists limit themselves with language;
    - theologians investigate God; whereas
    - a philosopher studies human beings, society, religion, language, God, and plants among other concerns.
- The reason is that philosophy is not one dimensional or partial.
- The philosopher does not limit himself to particular object of inquiry.
- He questions almost anything if not everything.
- It is *multidimensional or holistic.

First Cause or Highest Principle

- A principle that from which something proceeds in any manner whatsoever.
    - Principle of Identity
    - Principle of Non-Contradiction
    - Principle of Excluded Middle
    - Principle of Sufficient Reason

Topic 2

Human Person as Embodied Spirit

When something is embodied, it is being materialized or incarnated.

Embodied Spirit — a spirit being incarnated.

- The idea of the Human Person as Embodied Spirit does not necessarily refer to the incarnation or materialization of spirit as an immaterial entity.
- Embodiment of the Spirit in Christian: Philosophy refers to inseparable union of body and soul.

By embodied spirit, we mean the body is not separated from the soul, just as the soul is not separated from the body. It specifically means that the point of convergence between the material and spiritual entities is that between the body and soul. (?)

We cannot talk, therefore, of the Human Person without the union of the body and soul just as we cannot talk of anything without the union of matter and form.

Embodied Spirit is important aside from the facts that: it enables us to know our potentialities and limitations; exposes us to a thorough and deeper understanding of ourselves as a unique creator united by body and soul.

Transcendence in the Global Age

- Is life in our contemporary world dictated by technology?
- Are our self-take pictures an indication that we are not zombies?
- Are we pushing the responsibility of our existence onto society instead of facing the questions of who we are?

Topic 3
Human Person in the Environment

What causes a human person to dominate the environment?
What is the main reason for the destruction of the environment?
How do you show your love to our environment?
Are you happy with what you see or experience in our environment?

What is the world made of? How did the world come into being? How can we explain the process of change?

These were philosophical questions already brought up approximately 600 B.C.E. in Western Ionian seaport town of Miletus across the Aegean Sea from Athens, Greece. Because Ionia was the meeting place between the East and West, Greek philosophy may have Oriental as well as Egyptians and Babylonian influences.

In both East and West, philosophers were asking questions about the universe we live in and our place in it.

- Eastern Sages probed nature's depths intuitively through the eyes of spiritual sages.
- While Greek Thinkers viewed nature through cognitive scientific eyes.

The speculations of the pre-Socratic philosophers represent a paradigm shift — a change from the mythical explanation of the origins of the cosmos to a more rational explanation. These philosophers were looking for the underlying laws of nature.

They wanted to understand the processes by studying nature itself, not by listening to the stories about the gods. Though not as sophisticated in the 21st century's standard, the pre-Socratic philosophers do represent the first intellectual and scientific, attempt to understand the origins of the universe.

Frameworks and Theories about the Environment

Anthropocentric Model

(Human, Culture, Individualism, Mind, Calculative, Human over/against Environment, Global/Technological)

- The domination of humanity is linked to the domination of nature-based on the anthropocentric model.
- An unfair, unjust utilization of the environment resulting to ecological crises.
- From this view, it follows the human arrogance towards nature is justifiable in order to satisfy human interests.
- Sometimes human adopt an exploitation attitude whenever nature is merely considered as an instrument for one's profit or gain.

Eco-centric Model

(Nature, Wild, Holism, Nature/Cosmos, Body, Relational, Earth/Wisdom, Ecology over/against Humans)

- Puts the ecosystem first and assumes that the nature world has intrinsic value.
- Nature is not valued for the future survival of human species per se, but is invaluable in itself. For instance, humans have the responsibility toward their land.
- Because of the anthropocentric attitude, humanity's claim ownership or authority over land. Instead, love, respect, admiration for nature, and a high regard for its value is essential.
- Land will be considered not an instrumental mode of production but will be with integrity, stability, and beauty, it is incorrect when it tends otherwise.

Philosophers Environmental Theories

Ancient Thinkers

1. **Milesians** regarded nature as spatial without boundaries, that it is infinite or indefinite in extent.
2. **Anaximander** empowered the term boundless to convey the further thought that nature is indeterminate — boundless in the sense that no boundaries between the warm and cold or moist and dry regions are originally present within it.
3. **Pythagoras** described the universe as living embodiment of nature's order, harmony, and beauty. He sees our relationship with the universe involving biophilia (love of the living things) and cosmophilia (love of other living beings).

Modern Thinkers

1. **Immanuel Kant** in his Third Critique Judgement expresses that beauty is ultimately a symbol of morality. According to Kant, we must ignore any practcal motives or inclinations that we have and instead contemplate the object without being distracted by our desires.

2. **Herbert Marcus** — humanity dominated nature. There can only be changed if we will change our attitude towards our perception of the environment.
3. **George Herbert Mead**, as human beings, we do not have only rights but duties. We are not only citizens of the community but how we react to this community and in our reaction to it, change it.

Theories to show care for the Environment

Deep Ecology

- The controlling attitude of human kind is extended to nature when in fact, humanity is part of nature.
- Deep ecologists encourage humanity to shift away from anthropocentrism to eco-centrism.

Social Ecology

- Ecological crisis results from authoritarian social structures.
- Destroying nature is a reflection wherein few people overpower others while exploiting the environment for profit or self-interest.
- Social ecologist calls for a small scale societies, which recognize that humanity is linked with the well-being of the natural world in which human life depends.

Eco-feminism

- Argues that ecological crises is a consequence of male dominance.
- In this view, whatever is superior is entitled to whatever is inferior.
- Male traits as in the anthropocentric model as superior as opposed to female traits as in eco-centric model.
- Domination works by forcing the other to conform to what is superior.
- Nature must be tamed, ordered, submit to the will of the superior.
- Freeing nature and humanity means removing the superior vs. inferior.

Erich Fromm

- A German humanistic philosopher believes that it is about time that humanity ought to recognize not only itself but also the world around it.
- As human beings our biological urge for survival turns into selfishness and laxziness and it is also inherent in us to escape the prison cell of selfishness.
- He proposed a New Society that should encourage the emergence of a new human being that will foster prudence and moderation or frugality toward environment:
    a. The willingness to give up all forms of having, in order to fully be.
    b. Being fully present where one is.
    c. Trying to reduce greed, hate, and illusions as much as one is capable.
    d. Making full growth of oneself and one's fellow beings as the supreme goal livings.
    e. Joy that comes from giving and sharing, not from hoarding and exploiting.
    f. Developing one's capacity for love, together with one's capacity for critical, unsentimental thought.

Environmental Philosophy

Discipline in philosophy that studies the moral relationship of human beings with the environment and its non-human components.

- **Anthropocentrism** focuses on the significant role of humankind in the world and considers nature as the means by which humans are able to meet their needs and survive.
- **Biocentrism** believes that humans are not the only significant species on the planet, and all that organisms have inherent value and should be protected.
- **Ecocentrism** places great value on ecosystem and biological communities. This view believes that humankind is part of a greater biological system/community and that we have a significant role as stewards or guardians of nature. It promotes the idea that order and balance in nature stability and beauty is necessary; deep ecology, Gaia hypothesis, interaction between the living and non-living components of the environment.

Environmentalism

- A social movement or an ideology focused on the welfare of the environment.
- Environmentalism seeks to protect and conserve the elements of Earth's ecosystem.
- This movement aims to correct the damage and prevent future destruction.

Sustainable Development

- is the overarching paradigm of the United Nations.
- The concept of sustainable development was described by the 1987 Brunt Land Commission Report as development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

The difference between Sustainability and Sustainable Development

Sustainability

- It is often thought as long-term goal (i.e. a more sustainable world).

Sustainable Development

- (according to UNESCO) refers to the many processes and pathways to achieve it (e.g. sustainable agriculture and forestry, sustainable production and consumption, research and technology transfer, education and training, etc.)

Sustainability relies on three principles:

a. Environmental Integrity

- refers to maintaining the state of the environment. This means that human activities should not disrupt the ecosystems and the communities located in the area.
- preserving the environment is the goal of this principle.

b. Economic Efficiency

- is the prudence in decision-making regarding the use of resources to ensure that there is minimum to zero waste.
- Supply of rice should not be wasted. You only have to cook the right amount of rice.

c. Equity

- demands that we use our natural resources in such a manner that these are conserved so that the next generation will be able to use them
- Virtues of prudence and frugality in our personal use of resources.
- Prudence is the ability to regulate one's actions and behavior, but with regards to the environment, it is a skill and good judgement in the use of resources.
- You buy food that you will mostly eat.
- Frugality is being thrifty with the use of one's resources.
- Get enough food on your plate so that nothing will be wasted.

As Prince Ea said,
We are a part of nature. And to betray nature is to betray us. To save nature is to save us. Because if we don't work all together to save the environment, we will all be equally extinct.

Topic 4

Freedom of the Human Person

What is Freedom?

- The ability to make choices and perform those choices.
- The state of not being imprisoned or enslaved.
- The power or right to act, speak, or think as one wants without hindrance or restraint.

Aristotle: Intellectual Freedom

- The imperative quality of judgement of practical intellect is meaningless, apart from will. Reason can legislate, but only through the will can its legislation be translated into action.
- The task of the practical intellect is to guide will by enlightening it. Will, in fact, is to be understood wholly in terms of intellect; if there were no intellect, there would be no will.
- The will of humanity is an instrument of free choice. It is within the power of everyone to be good or bad, worth or worthless.
- This is borne out by:
    - Our inner awareness of an aptitude to do right or wrong;
    - The common testimony of all human beings;
    - The rewards and punishment of rulers and;
    - The general employment of praise and blame.

Moral acts, which are always particular acts, are in our power and we are responsible for them.

Character or habit is no excuse for immoral conduct.

Will → Action → Reason → Will

Human being is a rational. Reason is a divine characteristic. Humans have the spark of the divine. If there were no intellect, there would be no will. Reason can legislate, but only through the will its legislation be turned into action. Our will is an instrument of free choice.

St. Thomas Aquinas: Love is Freedom

- Of all creatures of God, human beings have the unique power to change themselves and the things around them for the better.
- St. Thomas considers the human being as a moral agent.
- He states, we are both the spiritual and body elements; the spiritual and material.
- The unity between both elements indeed helps us to understand our complexity as human being.
- Our spirituality separates us from animals, it delineates moral dimension of our fulfillment in an action. Through our spirituality, we have a conscience.
- Whether we choose to be good or evil becomes our responsibility.
- A human being, therefore, has a supernatural, transcendental destiny. This means that he can rise above his ordinary being or self to a highest being or self.
- This is in line with the idea that of St. Thomas that in the plan of God, a human being perseveringly lives a righteous and virtuous life, he transcends his mortal state of life and soars to an immortal sate of life.
- The power of change, however, cannot be done by a human being alone, but is achieved through cooperation with God.
- Between humanity and God, there is an infinite gap, which God alone can bridge through His power. Perfection by participation here means that it is a union of humanity with God.
- Change should promote not just any purely private advantage, but the good of the community.
- He gives a fourfold classification of law: the eternal law, natural law, human law and divine law.
- Human beings, as being rational, have laws that should not only be obeyed but also obeyed voluntarily and with understanding.
- The natural law, then in its ethical sense, applies only to human beings.
- First principle of precepts of the natural law is that good is to be sought after and eveil avoided.
- There is inherent in every human being an inclination that he shares with all other beings, namely, the desire to conserve human life and forbids the contrary.
- For instance, if there is fire, and its burning heat felt, then, it is but a human tendency to avoid it.
- Both natural and human laws are concerned with ends determine simply by humanity's nature. However, since human beings is in fact, ordained to an end transcending his nature, it is necessary that he has a law ordering hum to that end, and this is the divine law or revelation.

- This divine law is divided into old (Mosaic) and the new (Christian) that are related as the immature and imperfect to the perfect and complete.
- Eternal Law is the decree of God that governs all creation. It is, " That Law which is the Supreme Reason cannot be understood to be otherwise than unchangeable and eternal."
- Natural law is the human "participation" in the eternal law and is discovered by reason. Natural law is based on “first principles.” The principle of sufficient reason states that nothing exists without sufficient reason for its being and existence.
- For Aristotle, the purpose of a human being is to be happy. To be one, one has to live a virtuous life. In other words, human beings have to develop to the full their powers — rational, moral, social, emotional, and physical here on earth (Eudaimonia - a life of real happiness).
- For St. Thomas, he follows the same line of thinking, but points to a higher from of happiness possible to humanity beyond this life, and that is perfect happiness that everyone seeks but could be found only in God alone.
- St. Thomas wisely and aptly chose and proposed Love rather than Law to bring about the transformation of humanity. For Low is the consonance with humanity’s free nature, for Law commands and complete; Love only calls and invites. St. Thomas emphasizes the freedom of humanity but chooses love in governing humanity’s life. Since God is love, then Loves is the guiding principle of humanity toward his self-perception and happiness — his ultimate destiny.

St. Thomas Aquinas: Spiritual Freedom

Actions (Good or Evil) > Conscience > God’s Love

- He established the existence of God a first cause. Of all God’s creations, human beings have the unique power to change themselves and things around them for the better, we are both material and spiritual. We have a conscience because of our spirituality. God is love and love is our destiny.

Jean Paul Sartre: Individual Freedom

- The human person is the desire to be God: the desire to exist as a being which has its sufficient ground in itself (in sui causa).
- There is no guidepost along the road of life. The human person builds the road to destiny of his/her choosing; he/she is the creator.
- According to his principle: existence precedes essence.
- The Person, first, exists, encounters himself and surges up in the world then defines himself afterward. The person is nothing else but what he makes of himself.
- The Person is provided with supreme opportunity to give meaning to one’s life. In the course of giving meaning to one’s life, one’s feels the world of meaning.
- Freedom is, therefore, the very core and the door to authentic existence.
- Authentic existence is realized only in deeds that are committed alone, in absolute freedom and responsibility and which, therefore, the character of true creation.
- The Person is what one has done and is doing.
- On the other hand, the human persons who tries to escape obligations and strives to be ensoi (i.e., excuses such as “I was born this way” or “I grew up in a bad environment”) is acting on bad faith (mauvais foi).

Thomas Hobbes

- Given our desire to get out of the state of nature, and thereby preserve our lives, Hobbes concludes that we should seek peace which is the first law of nature.
- The reasonableness of seeking peace immediately suggests a second law of nature which is that we mutually divest ourselves of certain rights (such as the right to take another’s person life) so as to achieve peace.
- That a person be willing, when others so too (this is necessary for peace-building) to lay down this right to all things; and be contented with so much liberty against other people, as he would allow other people against himself.
- The mutual transferring of these rights is called a contract and is the basis of the notion of moral obligation and duty.
- If one agrees to give up his right to punch you, you give up your right to punch him. You have then transferred these rights to each other and thereby become obligated not to hurt each other.
- The rational pursuit of self-preservation is what leads to form commonwealth or state; the laws of nature give the conditions for the establishment of society and government.
- These are the rules a reasonable being would observe in pursuing one’s own advantage, if he were conscious of humanity’s predicament in a condition in which impulse and passion alone rule.
- The individual himself should not be governed by momentary impulse and by prejudice arising from passion.
- The state itself is the resultant of the interplay of forces; and the human reason, displayed in the conduct expressed by these rules, is one of the determining forces.
- The law of nature can be said axioms and postulates that render this deduction possible. They answer the question, “What are the conditions under which the transition from the natural state of war to the state of human beings living in organized societies becomes intelligible?” These systems are rooted from nature and are not God-given laws. Nor they state absolute values, for according to Hobbes, there are no absolute values.

Topic 5
Prudence in Choices

Burrhus Frederic Skinner (B. F. Skinner)

- The environment selects which is similar with natural selection. We must take into account what the environment does to an organism not only before, but also after its responds.

He maintains that behavior is shaped and maintained by its consequences. Behavior that operates upon the environment to produce consequences (operant conditioning) can be studied by arranging environments in which specific consequences are contingent upon it. The second result is practical; the environment can be manipulated.

Topic 6
Holistic and Partial Thinking

Holistic Thinking refers to a perspective that consider large-scale patterns in systems. This is often described as looking at the "big picture" when describing and analyzing a situation or problem. The word holistic comes from the Greek word holos which means whole. **Partial Thinking**, on the other hand, focuses on specific aspects of a situation. The partial view is an important component of analytical thinking, as an individual focuses on certain area or aspects of a problem in order to understand.

Though partial thinking is useful, philosophy utilizes holistic thinking in making sense of problems and issues related to the human experience.

People tend to apply an analytical perspective when looking at problems or situations. For instance, doctors often focus on a specific set of symptoms to determine the cause of as patient's illness. Once a particular cause has been identified, the doctor then prescribes the appropriate medicine and other treatments to address the illness.

- A holistic perspective can enable a person to step back and consider the general aspects of a certain problem.
- A holistic view also gives rise to a more appreciative perspective about life, as we are able to look at life in its totality. This means that we try to understand a situation from different vantage points so we can see it more fully. All the positive and negative experience in our life come together to give meaning to our existence, and we learn to appreciate our individual experiences as vital aspects of a larger and more meaningful life.

Do a Philosophical Reflection on a Concrete Situation from a Holistic Perspective?

First, what are the practical uses of philosophy in our lives?

- Philosophy has an important place in our daily lives. Engaging in philosophical reflection leads to the development of beneficial skills that individuals can apply in every day solutions.
- Philosophy enables a person to engage in critical analysis and interpretation of concepts, definitions, arguments, and problems.
- Philosophy also improves problem-solving and decision-making. The ability to analyze a problem or dilemma, identify its significant aspects, and come up with alternative solutions is an important skill learned through philosophy.
- A philosopher is a good communicator who can clearly and adequately present his or her ideas.
- Finally, knowledge of Philosophy can contribute to self-development.

One can be a better student, scientist, artist professional, and citizen if he or she has the capacity for inquiry, critical thinking, and reflection. In addition, philosophy encourages a person to know oneself, his or her strengths and weaknesses, establish an identity, and determine his or her purpose in life. Self-knowledge also grows along with one's understanding of the world and this is essential to the realization of the self. These are tools to develop one's own ideas and views and engage fully in useful activities in the community, nation, and the world at large.

Reflection requires a person to be willing to examine one's thoughts, feelings, and actions and to learn more about one's life and experiences. One can reflect on almost any subject.

Seemingly simple or mundane actions take a whole new meaning when one engages in reflection. When buying clothes, for example, think of the questions that you ask yourself as you consider buying the shirt or blouse you are holding. You may start with the simple questions: "Will this fit me?", "Do I look good in this color?" These are the usual questions any buyer would ask himself or herself. But since we are in a reflective and philosophizing mood, let us try and think of "deeper" questions and reflect on the situation. You may find yourself asking the following questions: "Do I even have to buy a new shirt today?", "Am I better off spending my money on the other things?", "Do I see myself wearing this shirt often, or am I just going to wear this once?", "What sort of person wears this kind of shirt?"

Notice the difference when you engage in reflection. The simple task of buying a shirt becomes something much more. If you concentrate only on the simple questions, you would just buy that shirt immediately. But reflection allows you an opportunity to think more deeply about your action, your motivations for doing such an action, and even its possible consequences. Buying a shirt becomes a much more meaningful act with the aid of reflection. Constant reflection on your possible purchases may even help you make wiser choices and improve your spending habits in the future.

Reflection is vital in ensuring that our actions and decisions are well thought out and are done with due regard for their implications and consequences on ourselves, others, and our surroundings. Reflection helps us understand ourselves and our actions better.
When we reflect, we can judge whether our actions or decisions are reasonable or not. Taking time to analyze your decisions and actions is one vital skill that will greatly help you as you encounter more challenges in life.

Topic 7
Goal Setting

Philosophers often grapple with the concept of truth, which, lies at the heart of any inquiry. Knowledge must be truthful to gain validity and acceptance. However, the concept of truth remains a highly debated and much-discussed topic among philosophers. For example, when we answer a "True or False" test, we judge if the statements we read are true or false. Statements about the world or reality are called propositions and these propositions may or may not carry truth.

- For Double (1999), although philosophy is an organized body of knowledge and has major questions.
- For Maboloc and Pascua (2008), critical thinking, that philosophers widely used, is a lifelong process of self-fulfillment.

The trouble about man is twofold. He cannot learn truths which are too complicated; he forgets truth which are too simple. — Rebecca West

"What is truth?" has long been the philosophical question par excellence. Does truth have an underlying nature? And if so, what sort of nature does it have? Life in this world would be a lot simpler if truth only meant one thing. But just as reality is super abundantly rich, truth is just as rich. We would find that people mostly equate with scientific truth.

"Truth" involves both the quality of "faithfulness, fidelity, loyalty, sincerity, veracity", and that of "agreement with fact or reality."

Jurgen Habermas argues, in his universal pragmatics, that apart from the scientific truths, there are other domains in life which we understand truth differently (Habermas: 1979). Truth can be understood as what has passed "procedures of justification" (Rorty, 1989).

Justification means the process of proving the truth or validity of a statement.

Domains of Truth

- Scientific/Objective Domain — truths are tested against empirical evidence. This includes scientific theories or mathematical theories that are currently used as a fundamental basis in establishing other theories.
- Social Domain — truths are tested against their acceptability to a particular group in a particular time in history. This may be the result of the agreement between a society that has been accepted over time. This does not necessarily mean that something is true but rather, this is about a truth that has been socially agreed upon as time passed by.
- Personal Domain — truths are tested against the consistency and authenticity of the person who claims it.

Knowledge is the clear awareness and understanding of something. It is the product of questions that allow for clear answers provided by facts. It is the product of questions that allow for clear answers provided by facts. our knowledge is comprised of ideas and beliefs that we know to be true.

Let us take a look at the following statements and determine which one states a proposition or claim:

- I know that fish live in water.
- I know that my school is the best school in the city.

Propositions which are observed to be real or truthful are considered facts, just like the statement in letter A, whereas, the statement in letter B is an example of a claim, and further examination is required to establish whether it is true or false. Truthful statements, therefore, can be considered as based on facts. Science considers truth as something observable and empirical.

Basis for determining truth:

- if it can be justified or proven through the use of one's senses;
- if it is based on facts;
- getting a consensus or having people agree on a common belief is another way of determining what is true.

On the other hand, opinion, is a statement of judgement of a person about something in the world and in order to gain the status of truth, it must be able to pass the test of justification. These statements go beyond providing facts. They are also the bases for making arguments and convincing people that a certain claim is a fact. e.g. Living near the school is better because we don't have to spend much for transportation.

Words to Identify Opinions:

- Biased Words (bad, worse, worst, good, better, best, worthwhile, worthless, etc.)
- Qualifiers (all, always, likely, never, might, seem, possibly, probably, should, etc.)

We say that something is factual when it is scientifically proven, backed by data gathering, analysis, and repeated verification. Look at the statement below that tries arguing that so and so is true."A study from Jayward Pitkin University shows that 95% of men and women who are taller than the average height are more likely to become successful and happy in their careers."

Truth in this sense is related to science because it is the field that delivers knowledge about the natural world. By natural, it is the totality of the physical realm.

- Inquiry — It refers to the manner of asking questions. It is merely to secure information, to get an answer or to satisfy one's anxiousness, to solicit a response to a query one has in mind. Sometimes the person asking question just needs the assurance that he is in the right track.
- Insight — It pertains to ideas or knowledge derived from different sources. The ideas or pieces of information are delivered through the mind, to the sense, or to the feeling it satisfies the three basic factors to constitute learning (Barcalow, 1992:116).
    - Reasons tell the truth and objectivity of the matter.
        - — A father is a male parent.
    - Experience to the information or knowledge gained through perception or awareness of mental lives.
        - — A child dislikes swimming because he had an early experience of drowning.
    - Memory pertains to mental activity of restored ideas.
        - — A girl remembers her first love in Junior High School.
- Philosophizing — It deals with a subject matter using a particular method of response (Double, 1992:2). The philosopher thinker does not even dare to produce anything of practical use but simply to contemplate wisdom.
    - Philosophical questions have answers remain unanswered, therefore, disputable. It cannot be settled by science or common sense and they are of perennial interest.
        - — Why does man exist?

Methods of Philosophizing

I think, therefore, I am. – Rene Descartes

The history of philosophy is like a long conservation of arguments and opinions from the time of the pre-Socratic down to the contemporary philosophers. A few words must be said about the term "method" when it comes to philosophy.

- **Gabriel Marcel** clarifies that philosophy is not like the sciences that have a clear method in arriving at truths (Marcel, 1960). Philosophy is different. The method is not something you can simply detach from the person philosophizing. It is because the journey is very personal.
- **Rene Descartes**, a French Philosopher, says that only the mind, not the body can arrive at clear and distinct ideas which cannot be doubted (Descartes, Moriarty: 2008). In the process, Descartes come to the conclusion that there is one thing that cannot be doubted, and that is, doubt itself. If there is doubting and thinking, then there must also be thinker and a doubter. So, when one thinks one intuitively or immediately realizes that he exists. Thinking implies the thinker's existence.

Philosophizing is to think or express oneself in a philosophical manner. It discusses from a philosophical standpoint.

Methods

Phenomenology: On Consciousness

- **Edmund Husserl** founded phenomenology and focuses on careful inspection and description of phenomena or appearances, defined as any object of conscious experience.
- Its etymology came from (the) Greek word phainomenon — meaning appearance (to see things as they really are).
- In its philosophical definition, it is the scientific study of the essential structures of consciousness. By describing those structures, Husserl believes that we can find certainty, which philosophy has always sought. This process entails a method or a series of continuously revised methods for taking up a peculiarly phenomenological standpoint, "bracketing out" everything that is not essential, thereby understanding the basic rules or constitutive processes through which consciousness does its work of knowing the world.

Existentialism: On Freedom

- One's search for truth might by base on one's outlook or attitude supported by different doctrines and it includes human condition or the relation of the individual to the world, human freedom, significance of choice and decision, and concreteness and subjectivity of life.

- In the 19th century, Danish philosopher Soren Kierkegaard (the first existentialist), insisted that the authentic self was the personally chosen self, as opposed to public or "herd" identity.
- Our search for truth by means of critical thinking is a rational choice. Existentialism, with Jean Paul Sartre, a French Philosopher, emphasizes the importance of free individual choice, regardless of the power of other people to influence and coerce our desires, beliefs, and decisions. To be human, to be conscious, is to be free to imagine, free to choose, and responsible for one's life (Solomon & Higgins, 2010).

Post-Analytic Tradition

- "Can language objectively describe truth?" For the philosophers of this tradition, language cannot objectively describe truth. For Ludwig Wittgenstein, an analytic philosopher, language is socially conditioned and to some significant degree, philosophical problems, puzzles, and errors are rooted in language.
- Logic and Critical Thinking: Tools in Reasoning
- Logic and critical thinking serve as paths to freedom from half-truths and deceptions. Critical thinking is distinguishing facts and opinions or personal feelings. In making rational choices, first, we suspend beliefs and judgement until all facts have been gathered and considered.

Take note:

- Top-down Processing — general to specific (deductive reasoning)
  - — In Pinoy Henyo, the one who answers: Oo, Hindi, Pwede
- Bottom-up Processing — particular to general (inductive reasoning)
  - — In Pinoy Henyo, the one who asks: Bagay, Tao, Hayop
    - Inference:
      All Filipino students are smart.
      John is a Filipino.
      Therefore, John is smart.

Fallacies

On the other hand, a fallacy is a defect in an argument other than it having false premises. To detect fallacies, it is required to examine the arguments.

1. **Argumentum ad Hominem** (Argument against the Person)
   - This is a fallacy used when people convince others that someone's argument should be rejected because of the person's personal background, his history, nationality, race, socio-economic status, family, associations, religion, and other circumstances.
   - This argument is considered fallacious because the rightness or wrongness of a claim should not be affected by the background of the person claiming it.
     - Of course he believes that the government is flawed, he is a rebel and a communist!

2. **Argumentum ad Baculum** (Appeal to force)
   - This is an argument used by people who want to win a conflict by issuing threats to their opponents.
   - If this peace agreement will not be signed by the government, then we will have no recourse but to go to war.

3. **Argumentum ad Misericordiam** (Appeal to pity)
   - This fallacy is also called appeal to emotion. It is an argument used by people who want to win people over by manipulating their emotions.
   - All these charges are baseless; this is just plain harassment—can't you see how this is affecting my family?

4. **Argumentum ad populum** (Bandwagon fallacy)
   - This fallacious argument is a favorite marketing strategy by advertising agencies. It is used by appealing to the popular sentiment of the public.
   - Every boy your age already has a girlfriend, you should go find one!

5. **Fallacy of Division**
   - Assuming that what is true for the whole is true for its parts.
     - You come from a family of doctors and intellectuals! Surely, you can do better in this course!

How do we know if something is true? There are several views regarding truth. Philosophers emphasize the importance of belief and other factors as a basis for determining truth.

- **Beliefs** are statements that express convictions that are not easily and clearly explained by facts.
  - Example: I believe that God put me on this earth to spread His message of love. (We will find it difficult to prove his or her statement as truthful if we rely merely on facts.)

- **Explanations** are statements that assume the claim to be true and provide reasons why the statement is true.
    - Example: My sister is a selfish person because she ate the last piece of pizza pie and did not share it with me.
- A **conclusion** is a judgement based on certain facts. The facts that form the bases of a conclusion may not be disputed but the conclusion itself could still be contested or questioned.
    - Example: The school canteen did not serve enough types of healthy food and that is the reason why many canteen users were attracted by a new food court opposite the main building and the sandwich from their sandwich bar were amazingly tasty and healthy.
- **Arguments** are a series of statements that provide reasons to convince the reader or listener that the claim or opinion is truthful.
    - Example: The aggressive manner by which the policeman arrested the suspect is an example of the brutality that characterizes our police force.
- Arguments are composed of claims (the conclusion of an argument) and premise (the reason used to support the conclusion).
- Not all arguments are good, there is what we call fake arguments or fallacies, a group of statements that appear to be arguments, but fail to support the conclusion.
    - Example: Every boy your age has a girlfriend; it has something to do with that fashionable wind-breaker so you should buy one.

Remember that, as philosophers, we do not assume that every statement is true. Doubt has a very important purpose in philosophy as it drives our desire to discover truth. In philosophy, systemic doubt is employed to help determine the truth. This means that every claim, statement, evidence, and experience is scrutinized and analyzed. Nothing is taken as true unless there is sufficient reason and evidence to prove that it is indeed true.

Evaluate Truth from Opinion

We are our choices. - Jean Paul Sartre

An understanding of opinions and facts and the means to distinguish one from the other can further improve our understanding and appreciation of varied views and ideas. The ability to determine truth goes hand-in-hand with the holistic perspective and enables us to make wiser decisions, especially in choosing the ideas and views which we find acceptable.

An individual cannot live his or her life just agreeing with everybody he or she meets. A critical mind aided by philosophy can help us form our own personal point of view that can guide us in making decisions and actions when faced with a problem. Let us take a look in the situation below.

- **Mang Antonio:** The drug addicts had it coming. It is good that these pieces of trash are dealt with. In our barangay, the addicts have been committing crime for years! Now that this is happening and addicts are being killed left and right, they have been surrendering to the police or have disappeared I say that we should keep killing them until none are left.
- **Attorney Macaraig:** As a lawyer and a citizen, I am deeply disturbed by these events. Yes, drug addicts are a danger to society. But these killings are done outside of the due process that is guaranteed by our justice system and laws. Anybody can just point a finger at anyone and say that he or she is an addict. Are the people committing these murders exercising due process in determining if the people they are killing are indeed addicts?
- **Mrs. Lopez:** I really don't care about this issue. These killings make me nervous, but at least I am not affected by this. My family are decent people and we live in a peaceful community that has no drug addicts. As long as these criminals are dealt with and peace and order are maintained in our community, I couldn't care less about what is happening to these addicts.
- **Father Gomez:** It is the Catholic Church's stand that life is sacred. We have long opposed capital punishment since it violates the sacredness of life. The killing of suspected addicts is a violation of God's law and goes against human rights and the rule of law. We call on the government to put a stop to these senseless murders. It is every Christian's duty to take a stand against murder and the prevailing culture of death and join our call to respect life and the rule of law.
- **Mr. Tolentino:** Anybody who says that these criminals deserve human rights is an idiot! What about the victims of these addicts who never stood a chance against them? My daughter was raped and murdered by addicts and they deserve to die in the worst way possible! It's about time that these pieces of filth get what they deserve. If I had my way, I would kill them all myself!
- **Mrs. Alonzo:** I am very distressed by this news! These drug addicts are people too. My son is a drug addict and we have been exerting every short to help him dean up and reform himself.

In figuring out bias, we have to look at the background of the persons who made the statements. Many of the individuals do not explicitly state their background, but we can gather clues from their words and the given context.

- Mang Antonio is a citizen who lives in a barangay where the presence of drug addicts is a problem. Atty. Macaraig is a lawyer and a citizen. Mrs. Lopez is a housewife whose family lives in a peaceful community. Father Gomez is a priest. Mr. Tolentino is a father whose daughter was raped and murdered by drug addicts. Mrs. Alonzo is a mother whose son is a drug addict.

Figuring out the backgrounds of the people who made the statements allows us to understand the context by which they formed these views and opinions on the issue.

Now, let us take a look at their views regarding drug addicts.

- Mang Antonio — drug addicts are criminals and pieces of trash
- Atty. Macaraig — drug addicts have rights too
- Mrs. Lopez — drug addicts are criminals and she "couldn't care less about what is happening to them"
- Father Gomez — drug addicts have human rights and their lives are sacred
- Mr. Tolentino — drug addicts are "pieces of filth"
- Mrs. Alonzo — "These drug addicts are people too."

On their views on the killing of drug addicts:

- Mang Antonio — the killings have led to the surrender of addicts or their disappearance. "We should keep killing them until none are left."
- Atty. Macaraig — "These killings are a violation of human rights… These acts are nothing but vigilantism, which has no place in a law-abiding society. These killings may lead to more crime.
- Mrs. Lopez — "I really do not care about this issue. As long as these criminals are dealt with and peace and order are maintained in our community, I couldn't care less about what is happening to these addicts."
- Father Gomez — "The killing of suspected addicts is a violation of God's law and goes against human rights and the rule of law."
- Mr. Tolentino — "It's about time that these pieces of filth get what they deserve. If I had my way, I would kill them all myself."
- Mrs. Alonzo — "I am very distressed by this news. I am afraid that one day I will hear news that one of these drug addicts killed is my son."

Compare your opinions with them by asking yourself the following questions:

- Do you consider drug addicts as human persons or as criminals?
- Do you know a drug addict or a drug user? Do you consider that a person a criminal or a person?
- Have you ever been affected by problems related to drug addiction? How did it make you feel?
- Do you believe that killing drug addicts is an effective way of solving the problem of drug addiction?
- Do you believe that drug addicts deserve to die for being drug addicts?

Let us philosophize further and come up with philosophical questions about the issue.

- If drug addiction is a crime and drug addicts are criminals, does this mean that any other form of addiction is also a crime? Can people addicted to coffee be considered criminals?
- If we get rid of the drug addicts but not the drug manufacturers and pushers, do we solve the problem of drug addiction. Are we just getting rid of the symptoms but not the causes of the problem?

Your own reflection on your thoughts and ideas regarding the issue, together with an objective evaluation of opinions on the matter will enable you to make a wise decision regarding the most acceptable view. This is important since your views will define your actions regarding this issue.

Remember:

- Philosophy is concerned with determining truth since it lies at the heart of any inquiry.
- Facts are statements that are observed to be real or truthful. Claims are statements that require further examination to determine their truthfulness.
- Opinions are comprised of statements do not only give facts but also provide conclusions regarding situations.
- Arguments are series of statements that provide reasons to convince the learner that a claim or opinion is truthful.
- Some arguments may contain fallacies. They are products of faulty reasoning. We must be aware of the various kinds of fallacies as they affect the validity of arguments.
- Opinions are often influenced by bias. A person having the opinion may have views and tendencies that affect the way he or she sees reality.
- Philosophy can help us examine various views on relevant issues in our lives. An objective evaluation of opinions and an awareness of our personal biases can help us make wise choices regarding the most acceptable views to adapt and the right actions to undertake.

Topic 8

Recognizing How the Human Body Imposes Limits and Possibilities for Transcendence

How does my human nature enable me to explore my limits?

People should always do the best in everything they do. Despite of the limitation, we should make sure that regrets are not allowed at the end of the day.

Though the nature of the person as an embodied spirit provides numerous opportunities to explore everything around us and even within us, our human nature still imposes limitations. It is true that the human person enjoys a number of advantages compared to other beings, but there are still a number of things that humans naturally cannot do.

The ability to surpass limits is called transcendence, and it is also important trait that distinguishes the human person from other beings in existence. Analyze the following questions and check if you have ever found yourself asking or wondering the same things.

Have you ever wondered about what is beyond our world or universe?
Do you see yourself becoming a better person over time?
Have you ever imagined a life that is better than what you are living now?

Our mind is an important tool that allows us to go beyond many of our physical limits. As persons, we are able to exercise our imagination and reflection to go beyond our own thoughts and experiences. For example, we can imagine ourselves in other places without traveling there. Even if we are seated inside the classrooms, we often find ourselves daydreaming that we are in other places or doing other things. Although we have physical limitations, we can transcend them because of our spiritual dimension. Being physically limited in our abilities does not prevent us from hoping for or aspiring for greater things.

Each individual carries within himself/herself the possibility of transcending his or her limits. Most of our personal limits often involve facing a challenge or obstacle, or overcoming a weakness. These limits, however, can be overcame with with enough effort and perseverance. For us to experience transcendence, we must identify and face our own personal limits.

Philosophy gives us useful tools to explore our limitations and possibilities for transcendence. The essence of transcendence is to acknowledge our limitations, identify possibilities for development, and change ourselves for the better. It may be a physical or behavioral change such as trying a new sport or hobby or adopting a healthier lifestyle. You can also take on mental challenges such as learning a new skill or doing better in your studies. Another aspect of transcendence is opening yourself to new experiences and ideas. Our capacity for transcendence gives us the opportunity to work towards becoming better versions of ourselves.

Evaluate Own Limitations and the Possibilities for their Transcendence

Self-transcendence is the same as self-improvement. Staying in our ‘comfort zone’ will only make us stagnant. It is important to know we can achieve more in life. Self-transcendence is not just getting more out of life, but it is also about overcoming our limited thoughts and beliefs.

Here are some suggestions to help you transcend your own limitations.

1. Set targets.
    - If you want to transcend yourself, you need to have something to aim for. Set realistic goals and targets. These may require you to sleep late, get rid of bad habits, or getting up early. You need to be patient and persevere.

2. Don’t be limited by your thoughts.
    - The first thing we need to be aware of is how easily we can be affected by our self-imposed limitations. Often, we may be unaware of how much we allow our thoughts to limit our perspective and capacities. These are embedded deeply in our mind, so you need to examine your thoughts and stop saying ‘I can’t do that’.

3. Don’t listen to people’s negativity.
    - There are many critics around us. They are part of this world, but progress does not come through listening to the doubts, suspicions and disbelief of critics. Learn to distinguish between constructive advice and criticism. Then, you are to aim for the top.

4. Be focused and wholly committed.
    - Self-transcendence comes through wholehearted attempts. Learn to harness the power of concentration and you will gain unimaginable focus. Learn to concentrate on self-improvement.

5. Remember: Many things were impossible.
    - Many people will say ‘that is impossible’. History tells us many things were impossible before but are reality now.

6. Inspiration of personal examples.
    - Until quite recently, the Olympics didn’t allow women to compete in the marathon (i has now been added as late as 1984) as it was felt women were incapable of running such distance.
    - Now, we see women in almost any sporting event and are being quite close to men. Suprabha Berkjord (female), for instance, has completed the 3,100-mile race in New York ten times. Meeting her you wouldn’t notice anything special which would indicate great running potential. yet, with great inner courage and determination, she has completed a remarkable feat, that her mind would probably have thought impossible at one time.

Self-transcendence is not about physical achievements so much as it is about overcoming your self-imposed limitations. Look closely at yourself, examine which area of yourself you could do more or less. Also, you can look for inspiration from others who have made it.

Topic 9
Environmental Aesthetics

Like music and art, love of nature is a common language that can transcend political and social boundaries. – Jimmy Carter

Another perspective on environmental awareness is environmental aesthetics, which originally focused on concepts of beauty in nature, but in twentieth century, it has become increasingly influenced by environmental concerns. It is primarily concerned with natural beauty in the context of maintaining order and balance in the environment.

Environmental aesthetics is one philosophical view that believes maintaining order in the environment will bring out the natural beauty of the surroundings and contribute to the well-being of the people and other organisms living in it. Appreciating the natural beauty can bring about concern for the environment and helps people relate more effectively with nature.

Ancient Philosopher, **Phythagoras**, described the universe as the living embodiment of nature's order, harmony, and beauty. He sses our relationship with the universe involving biophilia (love for other living things) and cosmophilia (love of other living beings). Another philosopher, Immanuel Kant, expressed that beauty is ultimately a symbol of morality (1997). He ultimately begins that the orderliness of nature and the harmony of nature with our faculties guide us toward a deeper religious perspective.

Sustainable Development

One of the first conditions of happiness is that the link between man and nature shall not be broken. – Leo Tolstoy

Sustainable development is one of the major concept that drive environmentalism. It focuses on reconciling human activities and economic development with the protection of the environment. The Philippine Rice Research Institute estimates that every Filipino wastes about 3.2 kilograms of rice every year. That food could have fed other people but sadly it often goes to waste.

Three important principles:

- **Environmental integrity** means that human activities should not unduly disrupt the ecosystems and human communities located in the area.
- **Economic** efficiency means prudence in decision-making on the use of resources to ensure that there is minimum to zero waste.
- **Equity** demands that we use our natural resources in such a way that these are conserved for the use of the next generation.

The Philippines is also a signatory to the Kyoto Protocol as a result, Congress passed laws to address environmental problems. These includes: Clean Air Act of 1999, Ecological Waste Management Act of 2000, and Wildlife Resources Conservation and Protection Act.

Prudence and Frugality

The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share. – Lady Bird Johnson

Roberto D. Abella, in his book, defines prudence as the ability to regulate one's actions and behavior. Wikipedia defines it as the quality of being prudent: causiousness, ability govern and discipline oneself by the use of reason. It is classically considered to be a virtue, and in particular one of the Cardinal virtue which are with the three theological virtues. The word prudence is derived from the 14th-century Old French word prudence which in turn, derives from Latin prudentia meaning "foresight", "sagacity". It is often associated with wisdom, insight, and knowledge.

Frugality is the quality of being economical with money, food: thriftiness. It is the quality or state of being frugal: careful management of material resources and especially money. Not wasteful; not spending freely or unnecessary; not costly or luxurious; inexpensive or meager. The word frugal is derived from classical Latin frugulis from frugi, fit for foof, hence proper, worthy, frugal. Originally native of frux (gen. frugis).

By adopting the virtues of prudence and frugality, we can help solve environmental problems.
Philosophers believe that the person has a special relationship with nature. As a rational being the person is not only capable of transforming the world, but also of understanding the laws which govern nature.

Three Major Views on Humanity and Environment

- **Anthropocentrism** focuses on the significant role of human kind in the world and considers nature as the means by which humans are able to meet their needs and survive. This view believes that humans are the most important species on the planet and they are free to transform nature and use its resources.
- **Biocentrism**, on the other hand, believes that humans are not the only significant species on the planet, and that all organisms have inherent value and should be protected. This view drives the activities of humane organizations that advocate the ethical treatment of animals. In fact, our government has passed laws that recognize the rights of animals to be treated kindly, such as R.A. 8485 or The Animal Welfare Act of 1998.
- **Ecocentrism** places great value on ecosystems and biological communities. This view believes that humankind is part of a greater biological system or at we have a significant role as stewards or guardians of nature. It also promotes the idea that order and balance in nature brings about stability and beauty.

For Herbert Marcuse, humanity had dominated nature. There can only be change if we will change our attitude towards environment.

For Mead, as human beings, we do not only have rights but duties.

Fromm (2013) proposed a new society that should encourage the emergence of a new human being that will foster prudence and moderation or frugality toward environment.

Personal Development

Topic 1

Knowing and Understanding Oneself during Middle and Late Adolescence

Knowing Oneself

In ancient Greece, the famous philosopher Socrates emphasized that an unexamined life was not worth living hence you have to know thyself while on the other hand, another Greek philosopher named Aristotle also stated that knowing yourself is the beginning of all wisdom.

Have you ever asked yourself the question "Who am I?" How much do you know well about yourself? How do you discover and develop yourself?

This lesson is focused on discovering yourself, accepting your weaknesses and limitations might as well as making use of your strength to make you understand yourself and deal with other people better.

As you look into the mirror, you can actually see your actual self. These are the traits we are born with and nurtured as we grow. The actual self is built on self -knowledge. Self-knowledge is derived from social interactions that provide insight into how others react to you. The actual self is who we actually are. It is how we think, how we feel, look, and act. It can be seen by others, but because we have no way of truly knowing how others view us, the actual self is our self-image.

However, there are certain thoughts that as we look at other people, we wish to have the traits they have. This is when we thought of our ideal self. This includes components of what our parents have taught us, what our society promotes, what we admire in others and what we think best for ourselves. The actual self and the ideal self are two broad categories of self-concept which refers to your awareness of yourself.

Personal Effectiveness

Knowing oneself must grow deeper with the understanding of discovering yourself, on how you react on things, decide, relate on your surroundings, and giving importance to your strengths and limitations.

In order to do so, you need as well to make use of your talents, skills, energy and time to achieve your goals. This is called personal effectiveness and your knowledge to yourself makes a direct impact on this. Talents are first needed to be identified and developed. Experience includes knowledge and skills that we acquire in the process. Your knowledge is required for setting goals, defining an action plan to achieve them and risk assessment while skills determine whether your actions are performed according to your plan.

Below are the skills that will help you increase your efficiency:

- Determination — It allows you to focus only on achieving a specific goal without being distracted by less important things or spontaneous desires.
- Self-confidence — It appears in the process of personal development, as a result of getting aware of yourself, your actions and their consequences.
- Persistence — It makes you help keep moving forward regardless of emerging obstacles.
- Managing stress — It helps you combat stress that arises in daily life from the environment and other people.
- Problem-solving skills — They help you cope with the problems encountered with lack of experience.
- Creativity — It allows you to find extraordinary ways to carry out a specific action that no one has tried to use.
- Generating ideas — This helps you to achieve goals using new, original and unconventional ideas.

Journal Writing

The purpose of Journal Writing is to help you set goals, reflect and track your daily growth by jotting it down in a piece of notebook. It yields self-awareness in which way you will know what your reactions are in different situations. It will also boost your imagination. In addition, writing is your time alone. It is a way of loving yourself more and not letting anyone judge you.

Topic 2
Developing the Whole Person

Holistic Development

Personal development is one of the best ways to protect health, promote well-being and develop a person as a whole. The process of self-actualization and learning that combines an individual's physiological, social, cognitive, psychological and spiritual aspect is called holistic development.

Aspects of the Self

A deeper look on the different aspects of self can identify specific areas of self-regulation, stability and improvement. The self-concept is represented by several aspects as enumerated below.

- **Physical self.** The tangible aspects or the physical attributes of the self that may include the height, weight, body and facial appearance
- **Intellectual self.** The assessment of how well you reason and solve problems, to create and learn, knowledge, wisdom and insights you have.
- **Emotional self.** These are the typical feelings you have, try to avoid, enjoy, feelings from your past and present and associated with each other.
- **Sensual self.** It refers to the senses—sight, hearing, touching, speaking, smelling—that you use the most in taking information.
- **Interactional self.** This includes descriptions of your strengths and weaknesses in intimate relationships and relationships to friends, family, co-students and strangers in social settings.
- **Nutritional self.** This is how you nourish yourself.
- **Contextual self.** It describes the area of your maintenance of your living environment.
- **Spiritual self.** This includes your feelings about yourself and organized religion, reactions about your spiritual connections to others, feelings about your spiritual development and history, and thought about your metaphysical self.

Many individuals put a strong emphasis on the physical aspect of the self. The body is tangible, obvious and we respond to it easily. It provides a place to house the spirit (often experienced as feelings) and the mind (often experienced as thought).

It may be important to some that their mind be prominent and well educated. The mind is important, as it is the part of the self that directs the other two aspects. The mind learns what to do and communicates the information to the body and the feelings. What the mind believes, the body manifests or acts on, and the emotions feel, or respond with. On the other hand, the human emotions are the most feared aspect of the self, as individuals are reluctant and unprepared to manage them. Managing feelings is like trying to hold water in the palm of your hand.

The Power Triad: Thoughts, Feelings, Actions

The Story of Two Wolves

The following is an old Cherokee Indian story that is enlightening and helpful. One evening an old Cherokee told his grandson about a battle that goes on inside people.

- He said, "My son, the battle is between two wolves inside us all."
- "It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."
- He continued, "The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too."
- The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"
- The old Cherokee simply replied, "The one you feed."

Knowing which wold to feed is the first step towards recognizing you have control over your own self. Have you ever had thoughts, feelings or acted in ways that were unacceptable to yourself but felt powerless to control? The purpose of this story is to help you find ways to manage your mind so that you can live your life more in accordance with what your own judgement says is best for you.

As we grow up, we gradually become aware of the many things in the external world which are largely beyond our ability to control. These include other people in general and most events in our lives. Initially this is difficult to accept, but a more shocking realization is that there are many things about ourselves that we seem powerless to control.

But are we indeed really powerless to control our own maladaptive thoughts, feelings and actions? The grandfathers's answer "The one you feed" is deceivingly simple. The results of psychological research indicate that there are at least four important concepts or ideas implied by the answer.

1. The mind is not the unitary entity it seems to us but consists of different parts. For example in the story there are the two wolves and the "you" that chooses between them.
2. These parts of the mind/brain can interact and be in conflict with each other i.e. the two wolves fight for dominance over our mind and behavior.
3. The "you" has the ability to decide which wolf it will feed.
4. Having made a choice, "you" can decide specifically how to "feed" or nurture the selected wolf.

Topic 3

Development Stages

Human Development focuses on human growth and changes across the lifespan, including physical, cognitive, social, intellectual, perceptual, personality and emotional growth.

The human being is either in a state of growth or decline, but either condition imparts change. Some aspects of our life change very little over time, are consistent. Other aspects change dramatically.

A personal timeline portrays the influential events and happening of a person's life so that he can understand where he has gone wrong and right in the past. It helps to plan the future in a better constructive way. Just like a timeline, human development undergo an order too. It tracks an individual's series of changes and growth. This is an essential way of understanding how humans learn, mature and adapt.

Development Stage	Characteristics
Pre-natal (*Conception to birth)*	Age when hereditary endowments and sex are fixed and all body features, both external and internal are developed
Infancy *(Birth to 2 years)*	Foundation age when basic behavior are organized and many ontogenetic maturation skills are developed.
Early Childhood *(2 to 6 years)*	Pre-gang age, exploratory, and questioning. Language and Elementary reasoning are acquired and initial socialization is experienced.
Late Childhood *(6 to 12 years)*	Gang and creativity age when self-help skills, social skills, school skills, and play are developed.
Adolescence *(Puberty to 18 years)*	Transition age from childhood to adulthood when sex maturation and rapid physical development occur resulting to changes in ways of feeling, thinking and acting.
Early Adulthood *(18 to 40 years)*	Age of adjustment to new patterns of life and roles such as spouse, parent and bread winner.
Middle Age *(40 years to retirement)*	Transition age when adjustments to initial physical and mental decline are experienced.
Old Age *(Retirement to death)*	Retirement age when increasingly rapid physical and mental decline are experienced.

Developmental Tasks Theory

Robert J. Havighurst elaborated on the Developmental Tasks Theory in the most systematic and extensive manner. His main assertion is that development is continuous throughout the entire lifespan, occurring in stages, where the individual moves from one stage to the next by means of successful resolution of problems or performance of development tasks. These tasks are those that are typically encountered by most people in the culture where the individual belongs. He proposed a biopsychosocial model of development, wherein the developmental tasks at each stage are influenced by the individual's biology (physiological maturation and genetic makeup), his psychology (personal values and goals) and sociology (specific culture to which the individual belongs).

The Developmental Tasks Summary Table

Infancy and Early Childhood (0-5)	Middle Childhood (6-12)	Adolescence (13-18)
- Learning to walk - Learning to take solid foods - Learning to talk - Learning to control the elimination of body wastes - Learning sex differences and sexual modesty - Acquiring concepts and language to describe social and physical reality - Readiness for reading - Learning to distinguish right from wrong and developing a conscience	- Learning physical skills necessary for ordinary games - Building a wholesome attitude toward oneself - Leaning to get along with age mates - Learning an appropriate sex role - Developing fundamental skills in reading, writing, and calculating - Developing concepts necessary for everyday living - Achieving personal independence - Developing acceptable attitudes	- Achieving mature relations with both areas - Achieving a masculine or feminine social rule - Accepting one's physique - Achieving emotional independence of adults - Preparing for marriage and family life - Preparing for an economic career - Acquiring values and an ethical system to guide behavior - Desiring and achieving socially responsibility behavior
Early Adulthood (19-30)	**Middle Adulthood (30-60)**	**Later Maturity (61-)**
- Selecting a mate - Learning to live with a partner - Starting a family - Rearing children - Managing a home - Starting an occupation - Assuming civic responsibility	- Helping teenage children to become happy and responsible adults - Achieving adult social and civic responsibility - Satisfactory career achievement - Developing adult leisure time activities - Relating to one's spouse as a person - Accepting the physiological changes of middle age - Adjusting to aging parent	- Adjusting to decreasing strength and health - Adjusting to retirement and reduced income - Adjusting to death of spouse - Establishing relations with one's own age group - Meeting social and civic obligations - Establishing satisfactory living quarters

Topic 4
Challenges during Adolescence

Teens face many obstacles, problems and decisions during this period of transition. As adolescents continue their self-discovery journey, they must continually adjust to new experiences as well as the other changes that happen to them in all aspects of human development.

The Passage to Adulthood: Challenges of Late Adolescence

There are significant changes in development and difficulties associated with puberty, as young people learn and integrate the pre-requisite skills, attitudes, beliefs and social capital to turn successfully into adulthood. Late adolescence and subsequent period, often referred to as adulthood, were noted as especially important to set the stage for continued life-span development as individuals begin making choices and engaging in a range of activities that will influence the rest of their lives.

Here are some developmental challenges late adolescents encountered in the different aspects of their lives.

1. **Physical Development**
    - Most girls have completed the physical changes related to puberty by age 15.
    - Boys are still maturing and gaming strength, muscle mass, and height and are completing the development of sexual traits.

2. **Emotional Development**
    - may stress over school and test scores
    - is self-involved (may have high expectations and low self-concept)
    - seeks privacy and time alone
    - is concerned about physical and sexual attractiveness
    - may complain that parents prevent him or her from doing things independently
    - start to want both physical and emotional intimacy in relationships
    - experiences of intimate relationships

3. **Social Development**
    - shifts in relationship with parents from dependency and subordination to one that reflects the adolescent's increasing maturity and responsibilities in the family and the community
    - is more and more aware of social behaviors of friends
    - seeks friends that share the same beliefs, values, and interests
    - friends become more important
    - starts to have more intellectual interests
    - explores romantic and sexual behaviors with others
    - may influence by peers to try risky behaviors (school, tobacco, sex)

4. **Mental Development**
    - becomes better able to set goals and think in terms of the future
    - has a better understanding of complex problems and issues
    - starts to develop moral ideals and to select role models

Affirmations

Encouragement is the key ingredient for improving your relationships with others. It is the single most important skill necessary for getting along with others—so important that the lack of it could be considered the primary cause of conflict and misbehavior. Encouragement develops a person's psychological hardiness and social interest. Encouragement is the lifeblood of a relationship.

Encouragement is not a new idea. Its spiritual dates back to the Bible in Hebrews 3:11 which states, "Encourage one another daily." Encouragement, as a psychological idea, was developed by psychiatrist Alfred Adler in the early 20th century and continue to evolve through the work of Adler's follower Rudolph Dreikurs.

Encouragement is not a technique, nor it is a special language used to gain compliance. Encouragement conveys the idea that all human beings are worthwhile, simply because they exist. Encouragement enhances a feeling of belonging which leads to greater

social interest. Social interest is the tendency for people to unite themselves with other human beings and to accomplish their tasks in cooperation with others.

The first step to becoming an encouraging person is to learn to distinguish encouragement from discouragement. As a rule, ask yourself: "Whatever I say or do, will bring me closer together or farther apart from this person?"

When adolescents feel lovable and capable, the conditions of depression, anxiety or panic will be significantly less. High self-esteem is very important for good mental health among adolescents. Adolescents with high self-esteem are more likely to achieve, develop better relationships, and generally make the most of themselves.

As an adolescent, identify your characteristics that make you a lovable and capable teenager. Being lovable makes one more acceptable and appealing to others because of the inner goodness in him or her. Being capable makes one recognize his or her abilities and gifts to fully develop oneself and eventually put them to serve others.

Personal Declarations are meant to encourage you to take control of the influences in your life. They are suggestions as to what positive things you can speak about your own life instead of accepting whatever has been said about you in the past. You now have the authority to plant the seeds of love, encouragement, and victory in your garden, thereby crowding out the weeds of negativity that my already have taken root!

Topic 5
Stress

Stress is described as a body and mind response to a stimulus that disturbs a person's equilibrium, calm state, or balance. There's a widespread view that stress is harmful, but expert debates draw the conclusion this isn't entirely true. Psychologist have decided that small and sporadic levels of stress can be useful and helpful to individuals while increase amounts of stress maintained over a prolonged period of time can be damaging to both health and wellbeing. (Santos, 2016)

Stress is a reaction from the body to something that makes us feel threatened or under pressure. It is the body's natural way of reacting to changes, challenges and demands that we face. (Fernandez, et al., 2016)

Stressors are life-changing or life-threatening situations that cause stress. Our body reacts to these situations involving hormone, gland as well as nervous system interactions where the adrenal gland drives the production of cortisol, or usually known as "stress hormone." The development of cortisol allows the body of an individual to generate energy for action. Another body response similar to cortisol production is the release of a substance called norepinephrine, which triggers the body's reaction to prepare the body for action, such as increased heart rate, higher blood pressure and respiration. (Santos, 2016)

The physical response of the adolescent to stress is faster than that of an adult simply because the part of the brain of the adolescent, the prefrontal cortex, which assesses the danger and directs action during stress is still not fully developed. Prolonged or chronic situations involving both cortisol and norepinephrine will eventually wear down the body quickly. This is why prolonged or chronic stress often causes tiredness, aging and disease caused by low immune system. (Santos, 2016)

Adolescent needs to understand stress and its sources to identify ways to cope and have a healthy life. This lesson will engage them to understand stress, its cause and effect, and help them to demonstrate personal ways to manage it.

Stress Response

Stress manifests itself in many ways—in your private life and in your working life. There are some terms to describe the stress-related emotions such as anxiety, pressure, misery, strain, despair, tension, anger, panic, and rejection. Stress response is a collection of psychological changes that occur when you face perceived threat when you face situations where you feel the demands outweigh your resources to successfully cope.

Unmanaged stress caused by prolonged stress can be devastating that can result in burnout, breakdown and depression. Not all stress, though, is dreadful. Certain stress intensity can benefit one's overall development. Stress may provide a healthy rush that digs the person up in circumstances like meeting deadlines or important events to perform higher than average. Anomalous stress levels, however, have been shown to be highly damaging to adolescents. You'll feel both physical and emotional disruptions when stress overloads your life. The neurotransmitters will start to stop functioning in your brain. The first one to be shut down provisionally is your body clock, which causes sleeplessness more often than not. The second is in-control of energy levels which causes a decline in wanting to make things happen. The final neurotransmitter is in the brain's pleasure portion which causes unhappiness and hopelessness. As these are shut down, response to stress becomes more difficult. (Serrano, 2016)

Stress affects teenagers' thought and emotions plus their actions in adulthood later on. Adolescents with high levels of stress will experience more mood disorders later in life. Stress is also a cause for concern due to the incidence of illegal or socially unwanted behavior, such as smoking, drug use and abuse, and adolescent substance addiction. These behaviors may be causing even more stress. Stress affects the way adolescents interact with social groups, such as families, school peers and peers outside the school. Changes in the social climate force teenagers to search for new ways to react and adapt. Those changes create an environment of stress. Little by little the stress to which adolescents are subjected will develop over time as part of these changes. (Serrano, 2016)

Stress Management

There are many effective ways to handle stress. You can't avoid stress. In fact, you wouldn't want to avoid all stress, because you'd never grow. However, you can manage your life so that you survive the emotional down times without allowing stress to engulf you. Stress can be successfully managed. Here are some suggestions that may help.

- Understand the causes of stress. This may seem obvious, but requires deliberate, conscious effort to pause and simply ponder your situation.
- Analyze your stress factors and write them down. Write down your response to stress. Analyze stress responses and consequences, and consider each item, and ask why.
- Deal with the stressors. Develop techniques to deal with the causes of stress. The longer you avoid dealing with the stress factors, the more the stress will build up.
- Learn to work under pressure or unusual condition. When you can't reduce the stressors, you need to manage your stress response. Relaxation is key but most people must train themselves to relax when pressure is on.

Topic 6

The Cognitive Development

The brain has three major parts—the cerebrum, the cerebellum and brain stem. The brain stem connects the spinal cord and the brain. It controls functions that keep people alive such as breathing, heart rate, blood pressure and food digestion. Things are different in the cerebellum. That region controls voluntary movement. When you want to lift your fork, wave your hand, brush your hair or wink at a cutie, you form the thought and then an area in the cerebellum translate your will into action. Neurons, the basic functional units of the nervous system, are three-part units and are key to brain function. They are comprised of the nerve cell body, axon and dendrite, and they power the rapid-fire process that turns thought into movement.

The thought moves as an electrical signal from the nerve cell down the axon to a dendrite, which looks like branches at the end of the nerve cells. The signal jumps from the end of the dendrite on one cells across the space, called a synapse, to the dendrite of another cell with the help of the chemicals called neurotransmitters. That signal continues jumping from cell to cell until it reaches the muscle you need to wave, wink or walk.

The cerebrum is the largest of the three brain sections accounts for about 85 percent of the brain's weight, and has four lobes. The lobes—frontal, pariental, temporal and occipital—each have different functions. They get their names from the sections of the skull that are next to them.

The Parietal lobe helps people understand what they see and feel while the frontal love determines personality and emotions. Vision functions are located in the occipital lobe, hearing and word recognition abilities are in the temporal lobe.

Cognitive development is very important in developing critical thinking skills among adolescent.

Theory about the Brain-side Dominance and Mind Mapping

Researchers believed that brain dominance determines a person's preferences, problem-solving style, personality characteristics, and even career choices.

For example, a right-brain individual will quickly get a feeling for a situation, while left-brain person will usually ask a lot of questions first.

The following chart reflects additional difference between left and right-brain dominance.

Left dominance	Right dominance
- Classical music - Being on time - Careful planning - To consider alternative - Being thoughtful - Monopoly, scrabble or chess	- Popular music - A good times - To visualize the outcome - To go with the first idea - Being active - Athletics, art or music

There are nothing good or bad about ether preference. Both orientations can be equally successful in accomplishing a single task; however, one may be more appropriate over the other depending on the situation. There are some learning tools that help you utilize both sides of the brain which may help learn more effectively.

Mind mapping is a powerful thinking tool. It is a graphical technique that mirrors the way the brain works, and was invented by Tony Buzan. Mind mapping helps to make thinking visible. Most people make notes using lined paper and blue or black ink. Making notes more attractive to the brain by adding color and rhythm can aid the learning process, and can help to make learning fun. The subject being studied is crystallized in a central image and the main theme radiates out from the central image on branches. Each branch holds a key image or a keyword. Details are ten added to the main branches and radiate further out. Mind maps have a wide variety of uses, for example, note-taking, revision-planning, planning for writing and problem solving can all be successfully carried out using the technique. The colors and the graphics used will help children to organize their ideas and thoughts. They can be very simple or quite detailed depending upon the age of the children and the complexity of the subject. Because creating the mind map involves the use of the left and right brain, remembering the information becomes easier.

Mind mapping can be used in all curriculum areas and can help children to think about their learning.

Topic 7
Self-Esteem and Body-Esteem

Your weight does not define your worth. — Rachel Pale

Does any of this sound familiar? "I'm too tall", "I'm too short", "I'm too skinny", "If only I were shorter or taller, had curly hair or straight hair, had a smaller nose, or had longer legs, I'd be happy." Chances are if you were to ask a young woman about her self-esteem, she would begin to discuss how she feels about herself in relation to her body.

Body image is mental and emotional: it's both the mental picture that you have of your body and the way you feel about your body when you look in a mirror.

Healthy body image is more than simply tolerating what you look like or "not disliking" yourself. It means recognizing the individual qualities and strengths that make you feel good about yourself beyond weight, shape or appearance, and resisting the pressure to strive for the myth of the "perfect" body that you see in the media, online, in your communities.

Self-esteem is how you value and respect yourself as a person—it is the opinion that you have of yourself inside and out. Self-esteem impacts how you take care of yourself, emotionally, physically, and spiritually. Self-esteem is about your whole self, not just your body.

Why do body image and self-esteem matter?

Body image and self-esteem directly influence each other—and your feelings, thoughts, and behaviors. If you don't like your body (or a part of your body), it's hard to feel good about your whole self. The reverse is also true: if you don't value yourself, it's hard to notice the good things and give your body the respect it deserves.

Mental Health	Body Image	Self-esteem
I make time to take care of myself, even when I'm dealing with difficult feelings or situations.	I'm comfortable with the way I look.	I feel confident and capable.
I know that can start working to solve problems.	I'm in tune with what my body needs.	I place realistic expectations on myself and others.
I can handle disappointments or difficult feelings, and I know they don't reflect my worth.	I know that looks have nothing to do with worth of abilities.	I respect myself.
Things may not be 100% perfect all the time, and that's okay.		

As you can see above, good body image, self-esteem, and mental health are not about making yourself feel happy all the time. They are really about respecting yourself and others, thinking realistically, and taking action to cope with problems or difficulties in healthy ways.

Mental health	Body image	Self-esteem
Nothing ever works out.	I don't like the way I look.	I don't think I'm good enough.
If I can't handle this problem, I must be a failure.	I wish I looked more like these other people.	Other people are better than me.
If this isn't perfect, it's a total disaster.	There's something wrong with me.	I should be able to do these things—there must be something wrong with me if I can't.
I feel overwhelmed and low.		
I don't take time out to take care of myself.		

The problem with negative thinking and feelings just like what is shown above is that, once people start to focus on shortcomings or problems in one area or one situation, it becomes very easy to only see problems in many other areas or situations. Self-esteem plays a significant role in your life and it determines what you consider yourself to be capable and worthy of doing.

What influences a person's self-esteem?

a. Childhood
   - During childhood, individual's personalities are developing, and the people around has a strong effect on our self-esteem. Everyone you encounter has the potential to influence who you become, this includes your self-esteem. For example, children that grow up in unstable households tend to have lower self-confidence and self-esteem and often end up carrying that burden with them throughout their entire lives.

b. Puberty and Development
   - Some people struggle with their self-esteem and body image when they begin puberty because it's a time when the body goes through many changes. These changes combined with wanting to feel accepted by our friends,

means it can be tempting to compare ourselves with others. The trouble with that is not everyone grows or develops at the same time or in the same way.

c. Society and Media
    - Some teens struggle with their self-esteem when they begin puberty because the body goes through many changes. These changes, combined with a natural desire to feel accepted, mean it can be tempting for people to compare themselves with others. They may compare themselves with the people around them or with actors and celebs they see on TV, in movies, or in magazines.

d. Family and School
    - Family life can sometimes influence self-esteem. Some parents spend more time criticizing their kids and the way they look than praising them, which can reduce kids' ability to develop good self-esteem. People also may experience negative comments and hurtful teasing about the way they look classmates and peers.

Eating Disorders

Common types of eating disorders are anorexia, bulimia, binge eating, and avoidant/restrictive food intake disorder.

Anorexia

- People with anorexia eat very little on purpose. This leads to a very low body weight.
- People with anorexia have an intense fear of weight gain. They fear looking fat.
- People with anorexia have a distorted body image. They see themselves as fat even when they are very thin.
- People with anorexia are very strict about what and how much they will eat. They may think about food or calories almost all the time.
- To lose weight, some people with anorexia fast or exercise too much. Others may use laxatives, diuretics (water pills), or enemas.

Bulimia

- People with bulimia do things to make up for overeating.
- They may make themselves throw up on purpose after they overeat. This is called purging. To prevent weight gain they may use laxatives, diuretics, weight loss pills, fast, or exercise a lot.
- People with bulimia judge themselves based on body shape and weight.
- People with bulimia eat much more (during a set period of time) than most people would. If a person regularly binges and purges, it may be a sign of bulimia. Unlike people with anorexia who are very low weight, people with bulimia may be thin, average weight, or overweight. People with bulimia often hide their eating and purging from others.

Although anorexia and bulimia are very similar, people with anorexia are usually very thin and underweight, but those with bulimia may be an average weight or can be overweight.

Binge eating

- People with binge eating disorder overeat and feel out of control to stop.
- People with binge eating disorder eat large amounts even when they are not hungry.
- People with binge eating disorder may feel upset or guilty after binge eating.
- People with binge eating disorder often gain weight, and may become very overweight.
- Many people with binge eating disorder eat faster than normal. They may eat alone so others don't see how much they are eating. Unlike people with bulimia, those with binge eating disorder do not make themselves throw up, use laxatives, or exercise a lot to makeup for binge eating. If a person binge eats at least once a week for 3 months, it may be a sign of binge eating disorder.

In binge eating, large amount of calories are consumed and no action is taken to try to eliminate the calories while in someone who suffers from bulimia, large amounts of food are consumed and some sort of action (for example purging) is taken to try to eliminate and burn the calories just consumed.

Mental Health Challenges

It's okay not to be okay, as long as you're not giving up. [Karen Salmansohn]

Mental health. It's the way your thoughts, feelings, and behaviors affect your life. Good mental health leads to positive self-image and in-turn, satisfying relationships with friends and others. Having good mental health helps you make good decisions and sea with life's challenges at home, work, or school.

Adolescence isn't an easy time for parents, either. As children move through the various tumultuous transitions that accompany adolescence—physical, emotional, hormonal, sexual, socially, intellectual—the pressures and problems they encounter can all too

easily seem overwhelming. For many teenagers, these and other pressures can lead to one or more of a variety of mental health disorders; all are matters of concern, and some are life-threatening.

Mental health red flags parents should be alert for:

- Excessive sleeping, beyond usual teenage fatigue, which could indicate depression or substance abuse; difficulty in sleeping, insomnia, and other sleep disorders
- Loss of self-esteem
- Abandonment or loss of interest in favorite pastimes
- Unexpected and dramatic decline in academic performance
- Weight loss and loss of appetite, which could indicate an eating disorder
- Personality shifts and changes, such as aggressiveness and excess anger that are sharply out of character and could indicate psychological, drug, or sexual problems

Mental Health Issues

a. Depression

- It is a mood disorder that involves persistent feelings of sadness, hopelessness, and loss of interest in previously enjoyable activities. People experiencing depressive episodes may also experience mood swings, sleep disturbances, appetite changes, and headaches and body pains that have no apparent physics cause.

b. Anxiety (Panic Disorder)

- Feeling anxious and nervous is common. But a person diagnosed with Anxiety Disorder will have these feelings suddenly and often. These strong, sudden feelings of stress or fear are called panic attacks. A panic attack can make your chest or stomach hurt, your heart speed up, make you feel afraid, dizzy, or feel like you cant breathe. Even kids can have panic attacks. People who have panic attacks sometimes feel scared to go places because they are afraid of having an attack. Their daily life can be scary, but they can get help, get better and be okay.

c. Bipolar Disorder

- Everybody has feelings that change. When something good happens, you feel happy. If something bad happens, you feel sad. Bipolar Disorder changes the way people feel emotions. Their emotions can go from happy to sad very quickly. They can be very cheerful one moment, and very angry, sad and tired the next moment. When people with Bipolar Disorder experience intense feelings of happiness, it is called mania. They can't think clearly or sleep well, and they might do things without thinking about them first. When people with Bipolar Disorder feel intense sadness and tiredness, it is called depression.

d. Eating Disorders

- Body image concerns can become obsessions, resulting in startling weight loss, severely affecting the adolescent's health:

1. **Anorexia:** Avoidance of food and noticeable changes in eating habits should trigger concern.
2. **Bulimia:** Purging (forced vomiting) after eating. Be alert for both dramatic weight loss without changes in eating habits (which could, of course, indicate other health issues that require a doctor's attention) and also for immediate trips to the bathroom or other private spot after a meal.

e. Autism Spectrum Disorder

- It changes the way the brain understands the world. People diagnosed with autism can have a hard time talking about their feelings, understanding people's actions, and being social. They can also be very sensitive about being touched.

f. ADHD (Attention Deficit Hyperactivity Disorder)

- An individual who have this makes it hard to focus and sit still. They hardly finish things, and makes thoughts jump around. They can learn to control their thoughts and bodies by figuring out what helps them focus, or by talking to a doctor or mental health professional. Some kids with ADHD do better in school if they can do theirnwork in a quiet room. Sometimes medicine can help too. They are just as smart as other people and can still do well in school and in life.

g. Post-Traumatic Stress Disorder (PTSD)

- It is a mental health condition that's triggered by a terrifying event—either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event. Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better.

h. Schizophrenia

- It is a serious mental illness that affects how a person thinks, feels, and behaves. An individual who have this may seem like they lost touch with reality, which causes significant distress for the individual, their family members, and friends. Making it hard for people to know what is really and what is not real. They can also start to think that people are trying to control them or reading their minds.
- It is typically diagnosed in the late teen years to the early thirties and tends to emerge earlier in males (late adolescence–early twenties) than females (early twenties–early thirties).

Mentally Fit Individual

According to world mental health survey results, 50% of psychiatric disorders exist by age 14 (Sorel, 2010). Mental health problems, being developmental in nature and aetiology, are best addressed through prevention measures during early age.

Having access to reliable information on positive mental health and mental illness is a crucial for adolescents for a number of reasons. Mental and emotional problems need to be addressed, just like student's physical health problems. Even if students have not experienced mental illness, it is very likely that they will know someone who has.

Consider the following statistics.

- Mental health problems affect one in five young people at any given time.
- Mental illness is second only to heart disease as the leading cause of disability worldwide.
- The first symptoms of mental illness generally appear between the ages of 15 to 24.
- An estimated 50% of young people with mental illness are not getting help.
- Fear of stigma and the resulting discrimination discouraged individuals and families from getting the help they need.
- An interesting fact is that 30% of people diagnosed with mental illness will also have a substance use disorder. When people have both, we call it a concurrent disorder. It is often difficult to predict why someone with a mental health problem is "using".

Mentally Fit

Healthy eating nourishes the body, including the brain, and supports mental health through…

- improved overall health and vitality;
- increased ability to concentrate;
- reduced irritability and mood swings; and
- lowered risk of mental illness.

There is some evidence that healthy eating may be a factor in lowered risk of depression and improved ability to deal with stress and anxiety (Healthy U Alberta, 2009).

Physical Activity and Mental Health

Physical activity can make you feel good physically and build confidence. Evidence suggests that physics activity may contribute to improved mood and increased self-esteem, self-confidence, and sense of control.

Some types of physical activity may provide an opportunity to connect with others and develop supportive relationships. Getting physically active may (CSEP, 2011):

- make you feel better physically and feel better about yourself;
- improve your mood;
- improve self-esteem;
- reduce physical reactions to stress;
- help you sleep better; or
- give you more energy.

Physical activity may be effective in preventing or reducing symptoms associated with anxiety and depression. How physical activity improves mood and relieves anxiety is not yet clear. Some theories propose that physical activity (UK Dept. of Health, 2004; Fox, 1999):

- increases body temperature, thus relaxing muscle tension;
- releases feel-good chemicals that improve mood;
- offers a time-out from worries and depressing thoughts;
- increases self-confidence, feeling of competence and a sense of mastery; and
- provides a sense of belonging and mutual support she participating with others.

Topic 8
Emotional Intelligence

Anyone can become angry—that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way—that is not was. [Aristotle, "The Nichomachean Ethics." Aristotle's Challenged, p. xix]

We all have different personalities, different wants and needs, and different ways of showing our emotions. Navigating through this all takes tact and cleverness—especially if we hope to succeed in life. This is where emotional intelligence becomes important.

A simple definition of emotional intelligence (also called the Emotional Quotient, or EQ) describes an ability to monitor your own emotions as well as the emotions of others, to distinguish between and label different emotions correctly, and to use emotional information to guide your thinking and behavior and influence that of others (Goleman, 1995; Mayer & Salovey, 1990).

Emotional intelligence is the something in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. It allows us to connect with others, understand ourselves better, and live a more authentic, healthy, and happy life.

EQ vs. IQ

- EQ, as stated above, is all about identifying emotions in ourselves and others, relating to others, and communicating about our feelings (Cherry, 2018).
- IQ, on the other hand, is cognitive intelligence. As Seamon and Kenrick (1992) says that it is a collection of mental abilities that enable us to learn from experience, to adapt to our changing environment, to work in a goal-directed manner, and to solve problems and to think creatively. It is also the type that is most often measured through testing and estimated through things like grade-point average.

According to Daniel Goleman, there are five components or elements of emotional intelligence:

a. Self-awareness
   - It knows what you feel and why you are feeling it.
   - People who are self-aware are able to recognize how their emotions and actions affect themselves and other people.

b. Self-regulation
   - It is handling emotions effectively.
   - Individuals with this attribute are able to control their impulses, which include maintaining calm and not overreacting to mistakes.

c. Motivation
   - It is using emotions to continue what you are doing to achieve your goals.
   - An individual has a passion for achieving their goals and are driven not by rewards such as money and prestige, but by accomplishing what they set out to do.

d. Empathy
   - It is understanding and mirroring what others are feeling.
   - People with empathy are good at recognizing the feelings of others, even when those feelings may not be obvious.

e. Social Skills
   - It is allowing emotions to help make connections and establish relationships.
   - Possessing social skills does not just mean being friendly to others. It involves understanding people, developing relationships, and motivating others to accomplish objectives.

Emotion comes from the Latin word emovere meaning "to move out"; it conveys the idea of an outward expression of something inside. It is a reaction to any stimulus. It comes from the limbic system, the area in the brain that reacts automatically to the world around you without your rational though or reasoning.

Emotional intelligence can be a key to success in your life—especially in your career. Research also suggests that people with high levels of emotional intelligence "experience more career success, build stronger personal relationships, lead more effectively, and enjoy better health than those with low [emotional intelligence] EQ" (Cooper, 1997).

According to Elias et al. (1997), social and emotional education help students develop attitudes, behaviors, and cognition that will make them "healthy and competent" overall—socially, emotionally, academically, and physically.
Remember: EQ can be learned and developed.

Improving your EQ

- **Being aware of your emotions**
  - Being able to notice and accurately label these everyday feelings is the most basic of all the EQ skills. Being aware of emotions—simply noticing them as we feel them—helps us manage our own emotions. It also helps us understand how other people feel.
  - Practice recognizing emotions as you feel them. Label them in your mind (for example, by saying to yourself "I feel grateful," "I feel frustrated," etc.). Make it a daily habit to be aware of your emotions.
- **Understanding how others feel and why**
  - Being able to imagine what emotions a person is likely to be feeling (even when you don't actually know) is called empathy. Empathy helps us care about others and build good friendships and relationships. It guides us on what to say and how to behave around someone who is feeling strong emotions.
- **Managing emotional reactions**
  - Managing your reaction means knowing when, where, and how to express yourself. When you understand your emotions and know how to manage them you can use self-control to hold a reaction if now is not the right time or place to express it.
- **Choosing your mood**
  - Part of managing emotions is choosing our moods. Moods are emotional states that last a bit. We have the power to decide what mood is right for a situation, and then to get into that mood. Choosing the right mood can help someone get motivated, concentrate on a task, or try again instead of giving up. We can control them by knowing which mood is best for a particular situation and how to get into that mood.

Exploring Emotions

Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways. — Sigmund Freud

Emotions are powerful. Gaining control over your emotions will help you become mentally stronger. Feeling both positive and negative emotions is a natural part of being human. We might use the word negative to describe more difficult emotions, but it doesn't mean those emotions are bad or we shouldn't have them. Still, most people would probably rather feel positive emotions than a negative one.

What matters is how our emotions are balanced—how much of each type of emotion, positive or negative, we experience.

It is defined as "a complex reaction pattern, involving experiential, behavioral and physiological elements." Emotions are how individuals deal with matters or situations they find personally significant (American Psychological Association, 2019).

Types of Emotions

- **Positive Emotions**
  - It helps a person become more motivated and develops creativity or establish harmonious relationships.
  - It is also associated with good physical and psychological conditions.
  - Happiness, love, joy, hope, excitement
- **Negative Emotions**
  - These may reduce efficiency and motivation.
  - Anger, rage, boredom, disgust

There are eight (8) basic emotions of man: joy, trust, fear, surprise, sadness, anticipation, anger, and disgust (Robert Plutchik, 2022).

- **Joy.** A feeling of extreme gladness, delight, or exultation of the spirit arising from a sense of well-being or satisfaction
- **Trust** refers to the confidence that a person or group of people has in the reliability of another person or group.
- **Fear.** Basic, intense emotion aroused by the detection of imminent threat, involving an immediate alarm reaction that mobilizes the organism by triggering a set of physiological changes.
- **Surprise.** An emotion typically resulting from the violation of an expectation or the detection of novelty in the environment. It is considered by some theorists to be one of the emotions that have a universal pattern of facial expression. The physiological response includes raising or arching the eyebrows, opening the eyes wide, opening the mouth wide in an oval shape, and gasping.
- **Sadness.** Brief emotion of sorrow (can be voluntary or involuntary; could be felt when an individual is forced to perform an act that is against his will).
- **Anticipation.** Looking forward to a future event or state, sometimes with an effective component (e.g. pleasure, anxiety).
- **Anger.** An emotion characterized by tension and hostility arising from frustration, real or imagined injury by another, or perceived injustice.
- **Disgust** is when the individual experiences something that is contrary to his taste and behavior.

Types of Responses

Sometimes, it's not the people who change; it's the mask that falls off. – Haruki Murakami

In every situation, you have three choices on how you should behave; assertive, passive, and aggressive. Although assertive behavior can be one of the healthiest methods to maintain personal self-esteem and foster healthy relationships with others, it may not always be the best choice. Certain situations, particularly those that are threatening to personal or emotional safety may demand passive or aggressive behavior.

a. Passive response

- Behaving passively means not expressing your own needs and feelings, or expressing them so weakly that they will not be addressed.
- It is not usually in your best interest, because it allows other people to violate your rights. Yet there are times when being passive are the most appropriate response.
- Passive people are often referred to as people pleasers as they would rather please the other person and avoid conflict rather than make their point.

b. Aggressive response

- Behaving aggressively is asking for what you want or saying how you feel in a threatening, sarcastic or humiliating way that may offend the other person(s). It often involves putting people down, making them feel guilty, intimidated, small, incompetent, foolish or worthless.
- An aggressive response is never in your best interest, because it almost always leads to increased conflict.
- Aggressive people focus on task issues when making decisions i.e. the end result and can easily dismiss people's feelings when talking to them.

c. Assertive response

- Behaving assertively means asking for what you want or saying how you feel in an honest and respectful way that does not infringe on another person's rights or put the individual down.
- An assertive response is almost always your best interest, since it is your best chance of getting what you want without offending the other person(s).
- It means being self-confident and positive but not dogmatic. Behaving assertively means being firm in expressing an opinion but understanding the other person's point of view.
- The old adage 'if you don't ask—you don't get' is very pertinent in assertive communication. Simply put, the more you make your opinions known; the more you ask for what you need; the greater chance you have of achieving your aims.

Understanding Culture, Society, and Politics

Topic 1

Nature, Goals, and Perspectives

	Anthropology	Sociology	Political Science
Answer the question...	- What does it mean to be human? - Who are you? - Where do you come from?	- How do we study society? - What are the things that you think influence your life? - What is life to people living in places with different culture and behavior?	- How do the leadership affected my life? - Who is accountable for the duty? - What is the fundamental law of the land?
Where did it start?	Started as science during the time of exploration when Europeans countries started to colonize the primitive societies. They make written records about non-Europeans focusing on kinship, language, race, religion, cultural perceptions and others.	Emerged as an academic field right at the height of Industrial Revolution in Europe. Such emerging institutions started changes that made an impact to the individual and to the new society in general.	Started by the Ancient Greeks.
Who started this field?	Franz Boas, the father of modern American Anthropology. His study led to the doctrine of Historical Particularism that each society is considered as having a unique form of culture that cannot be understood under the overall definition of general culture.	August Comte, a French philosopher and mathematician, coined the term sociology. He saw the need for a systematic science of studying society and in dealing with the solutions in its basic problems.	Aristotle stated on the book Politics that man is a political animal, meaning, it is in our nature to live in a society and to have power over another.
Concept	Anthropology is the study of people and their culture.	Sociology is the study of society, patterns of social interactions, and culture of everyday life.	Political Science is the systematic study of government, politics, and political power.
Subject of Inquiry	Biological Anthropology (Human Origin) Cultural Anthropology (Study of Living People) Linguistics (Study of Language) Archaeology (Study of Dead Culture)	- Different social phenomena, issues and problems - Things that do influence life - Social Organization, Social Psychology, Human Ecology	- Political theory, philosophy and various political ideologies - Public Management - Human Rights International Relations and Foreign Policies
Goals	- See the commonalities among people (tradition, language, kinship, etc.). - Look at what makes us the same to understand more about human nature. - Discover what makes people different from each other in order to understand and preserve diversity.	- Produce new knowledge and new theories about mankind and behavior. - Look at one's own culture more objectively. - Obtain possible theories and principles about society as well as various aspects of social life. - Study the nature of humanity to further examine our roles within a society. - Appreciate that all things in society are interdependent Expose our minds to different perspectives in attaining truth.	- Make a people a better citizen - Keep social order and harmony among different group of people - Protect the rights of an individual - Avoid conflict and promote cooperation

Social, Cultural and, Political Being: Journey in Discovering the Self

One Biological Nature yet Different in Many Respects

- Have the same biological features but the likeness and sameness is not actually absolute
- Struggle to survive in our environment
- Have a systematic way to live and co-exist within our environment and with other people

Starting Points for Understanding Culture, Society, and Politics

- As a social being, we always belong to a group and interact with people.
- As a culture being or culture bearer, we carry our ancestors' tradition and beliefs.
- As a political being, we are subjected to power-relations.

Significance of Studying Culture, Society, and Politics

Studying Culture

- Broadens our perspectives on how we value our own and other's cultures
- Gives us a background on how diverse and complex others' customs, traditions and cultural practices are
- Teaches us the value of religious tolerance, respect for people with different race, religion, gender, and political background
- Promotes the importance of the arts, local and national heritage, oral history, cuisine and the myriad yet unique life ways of people across cultures
- Situates our understanding and appreciation of local realities like our penchant for showbiz gossips, boxing and eating fish balls to name a few

Studying Society

- Gives meaning to the importance of the self in relation to others (kapwa)
- Gives us a full understanding of how social groups affect our thinking and behavior
- Acknowledges that social institutions (family, education, business, government, etc.) shape and affect how we live our life and what we could become as a citizen and member of this society
- Describes why and how we belong to a bigger global society that is comprised of nation-states, international institutions and transnational companies working together and sharing resources to solve common problems like climate change, poverty, inequality, human violations, racial discrimination to mentions a few

Studying Politics

- Educates us the importance of exercising our rights and maximizing our political participation to sustain, maintain society
- Examines power-relations in society and how these affect the recognition and affirmation of our identity, rights and duties as a citizen
- Provides a bigger context on how government works and how rules, regulations and laws maintain social order, cohesion and unity
- Gives us an overview of political leadership, duties and responsibilities of public servants, and the checks-and-balances in government to guarantee that elected and appointive officials will not abuse their power and authority at the expense of the people especially the poor and the marginalized

Why study Anthropology, Sociology, and Political Science?

- Multi/interdisciplinary course that integrates and combines the contents, methods, and theories
- A social science that deal with the study of people within the context of their social relationship within institutions and natural environment, political systems and cultures

At the end, this course simply wants you to be human and humane. It is about humans who:

- have evolved, developed and survived the tests of time coping with the changes wrought about by modernization and environmental degradation
- collectively triumphed amidst threats, exploitation, marginalization and oppression in a society marred by inequities, social struggle and conflict
- are driven to act, to change, to build and to bring about positive life-long transformation for the benefit of society and the world

Topic 2
Concepts, Aspects, and Changes of Culture and Society

Relationship between Culture and Society

Culture refers to how people behave and interact with one another within social institutions or society.

Culture is social because it is the product of behavior

- Culture does not exist in isolation. It is a product of society. It develops through social interaction. No man can acquire culture without association with others.

Culture varies from society to society

- Every society has a culture of its own that differs from other societies. The culture of every society is unique by itself. Cultures are not uniform. Cultural elements like customs, traditions, morals, values, and beliefs are not constant.

Culture is shared.

- Culture is not something that an individual alone can possess. Culture, in sociological sense, is shared. For example, people of a society share all customs, traditions, beliefs, ideas, values, morals, and others.

Culture is learned.

- Culture is not inborn. It is learned. Unlearned behavior then, is not culture. Shaking hands, saying thanks, and others are cultural behaviors. Not all behaviors are learned, but most of these can be. Combing hair, standing in line, telling jokes, criticizing public officials, and going to movies all constitute behaviors that need to be learned.

Culture is transmitted among members of society.

- Cultural ways are learned by people from others. Many of these ways are handed down from elders, parents, teachers, and others (most likely individuals of older generation), while other cultural behaviors are handed up to elders. Transmission of culture is made possible by language. Language is the main vehicle of culture. Transmission of culture may take place also through imitation as well as through instruction.

Culture is continuous and cumulative.

- Culture exists as a continous process. In its historical growth, it tends to become cumulative. Ralph Linton called culture the social heritage of man. No culture ever remains constant or permanent. It is subject to slow but constant variation. Likewise, culture is responsive to the changing conditions of the physical world; hence it is dynamic.

Culture is gratifying and idealistic.

- Culture provides proper opportunities for the satisfaction of our needs and desires. Our needs, both biological and social, are fulfilled in cultural ways. Culture consists of the intellectual, artistic, and social ideas, and institutions where members of the society profess and strive to confirm.

A nation's culture resides in the hearts and in the soul of its people.

Topic 3
Cultural Relativism and Ethnocentrism

Ethnocentrism is a belief that one's own culture is better than others.

- Viewing other cultures through the lens of our own
- Taking our own culture as the norm
- Group solidarity and pride in heritage
- Devaluing groups other than own

Colonialism is the root of ethnocentrism.

Causes and Effects of Ethnocentrism

Causes

- Members of a group make strong connections with other members
- Little or no contact with members of outsider groups
- Lack of education
- People with low wealth or low self-esteem

Effects

- It creates light social boundaries among various social groups
- It encourages prejudice to other social groups (discrimination, stereotypes)
- It limits an individual to a small social group in which they belong
- It creates conflict and tension

Sample of Ethnocentrism

- Interference of America to others' affairs
- Nazi Germans' superiority over Jews
- Europeans' view that others are uncivilized
- Violence caused by religious conflicts

Cultural Relativism is a belief that cultures are equally complex. There is no such thing as superior or inferior culture.

- Evaluating a culture on its own terms
- Learning to see from the perspective of another in order to understand a culture
- Refraining from making judgement of right and wrong

However, the theory of Cultural Relativism has been criticized. According to some critics, it is an excuse for the violation of human rights to continue.

Topic 4

Significance of Cultural, Social, Political, and Economic Symbols of

"CHANGE IS THE ONLY CONSTANT IN LIFE."

Change Survival of the Fittest Adapt
Constant factor Major driving force

Development of Humans

Homo Habilis (The Handy Man)
- Humans had a flatter head with a brain only 2/3 size; approximately 1.5 m tall
- Built shelters of branches and collected bird eggs and wild berries for food; hunted wild pigs

Homo Erectus (The Upright Man)
- (skulls) humans had long, flat and sharply-angled at back (between ape and human head); (thighbone) is identical to modern humans > walk upright
- Make fire, first by coals or volcanic ash; later by friction-made life easier to survive in colder climates

Homo Sapiens (The Reasoning Man)
- 250,000 years ago, emergence of Homo Sapiens who evolved from Homo Erectus
- The species to which all modern day people belong

Human Cultural Revolution

Paleolithic (Old Stone Age)
- Unpolished stone tools
- Hunting and gathering
- Nomadic way of living

Mesolithic (Middle Stone Age)
- Polished stone tools
- Domestication of plants and animals
- Living in permanent places

Neolithic (New Stone Age)
- Use of metals
- Tribes, empires, and state
- Civilization

Early Civilization and Rise of the State

Ancient Civilization
- Mesopotamian Civilization
- Egyptian Civilization

Modern Civilization
- Spanish Monarchs Ferdinand and Isabella took Spain back from the Muslims
- Louis XIV of France created an absolute Monarchy
- After the Second World War, formation of United Nation happened in 1945

Democratic State
- People are becoming more active in their government and state affairs

Type of Democracies

Representative Democracy
- Citizens choose government representative among their citizens

Direct Democracy
- The citizens form governing body and vote directly on issues

Constitutional Democracy
- Limits the powers of government through the nation's constitution

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change," Charles Darwin.

Topic 5
Socialization

Socialization is the process of learning one's society and culture.
Socialization is really a necessity for it develops you as person.

Agents of Socialization

- Family influences the youth on the way they behave and act as a person.
- It is in the school that one's behavior and attitude are shape to become a better member of society.
- One's peer group influences them on the way they can accept one's self.
- Social Media plays a crucial role in shaping one's personality

Enculturation

- Enculturation is the process by which people learn the requirements of their surrounding culture and acquire values and behaviors appropriate or necessary in that culture.
- According to Stephen A. Grunland and Marvin K. Mayers (1988) (as cited from Hoebel, 1982), enculturation is both a conscious and an unconscious conditioning process whereby a person, as child and adult, achieves competence in his culture, internalizes his culture and becomes thoroughly encultured.
- Learning Imposition Conquest

Results of Enculturation and Socialization

- Identity Formation is the development of an individual's distinct personality by which they are recognized or known.
- Norms are culturally determined rules that guide people regarding what is right, wrong, proper, or improper.
- Values are standards people use to determine desirable outcomes.
- Status is one's position in society.
- Roles are one's duties and responsibilities.

Conformity and Deviance

- Conformity, socially acceptable actions.
- Deviance, not socially acceptable actions.
- Social Control is the process to check deviance to ensure that norms and conventions are safeguarded and order-preserved.
    1. Labelling - Members label others, whether deviant or not.
    2. Gossip Reinforcement of norms and punishing deviants to shame.
    3. Laws Formal codes of conduct with punishments when violated.

Human Dignity, Rights, and the Common Good

- **Human Dignity**
    - An individual or group feels self-respect and self-worth. It concens physical and psychological integrity and empowerment.
- **Human Rights**
    - Standards that allow all people to live with dignity, freedom, equality, justice, and peace.
- **Common Good**
    - A social condition that allows people to meet basic needs and fulfilment.

Topic 6
Social Organization

Group refers to a unit of people who interact with some regularity and identify themselves as a unit. (Newman, 2012).

Social Groups according to Social Ties

- Primary — intimate, face-to-face association and cooperation.
- Secondary — formal, impersonal groups in which there is a little social intimacy.

Social Groups according to Self-Identification

- In-Group — A member can identify themself within the group (e.g. sports team, unions, sororities)
- Out-Group — When one does not identify with similar or another group because of their in-group.
- Reference Groups — The point in view of behavior one should emulate and manifest (e.g. influencers).
- Network — "A set of relations, links, or ties among social actions" (e.g. social networking applications).

Topic 7
The Political Institution

- **State** refers to a community of persons occupying a fixed territory, and whose inhabitants render habitual obedience to the duly-constituted authority.
- **People.** The state exists for the people, and must make the situations favorable for the existence of the state.
- **Government.** Instrumentality of the state by which its wills and intentions are realized.
- **Territory.** The state will be abstract if there is no territory to govern. Referring to the following: (1) Terrestrial or the land component; (2) Fluvial or territorial waters; (3) Aerial or airspace of a country.
- **Sovereignty.** The supremacy and independence of the authority over territory.

Authority and Legitimacy

Authority refers to the power vested on a leader to make binding decisions and commands in which the followers obey in virtue of its legitimacy.

Legitimacy is a moral and ethical concept that bestows one who possesses power the right to exercise it since such is perceived to be justified and proper.

An authority viewed as legitimate often has the right and justification to exercise power.

Three Types of Authority

1. **Traditional**
    - Legitimacy derived from well-established customs, habits, and social structures. The leader in such a system is not a superior but a personal master.
2. **Charismatic**
    - Legitimacy emanates from charisma of the individual. "Gift of Grace" or the possession of "gravitas" (dignity, solemnity to the given post).
3. **Rational-Legal/Bureaucratic**
    - Legitimacy from formal rules promulgated by the state through its fundamental and implementing laws.

Topic 8
Education

Education is the act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgement, and generally of preparing oneself or others intellectually for mature life.

A social institution through which a society's children are taught basic academic knowledge, learning skills, and cultural norms (Dr. William Little, 2014).

Education plays a significant role in transferring culture and social norms among members of society, in the process of training and various modalities of educating.

"The illiterate of the twenty-first century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn," Alvin Toffler.

System of Education in the Philippines

Formal is the standardized method of hierarchically structured and progressive schooling that corresponds to the general notion of elementary, secondary, and tertiary level of education.

Non-formal refers to an educational activity carried outside the structure of a formal education. This type of education is basically flexible, learner-centered, contextualized and requires learners to participates in every activity.

Functions of Education and its Importance

Socialization is an essential ingredient in creating a society. Through education as a means of socialization, we also learn social norms, values, and culture that are fortified by our teachers, our textbooks, and our classmates as well.

Transmission of Culture. Through socialization in school (teachers to learners, and learner to learner), the transmission of culture is at the highest possible.

Social Integration, "Nations are built because of education". Education portrays an important role to unify individuals by teaching the common values and social norms.

Social Placement, "All other professions rooted from teachers". Education provides a social placement for everyone.

Legal Provisions of Education as Human Right

Universal Declaration of Human Rights
Article 26

(1) Everyone has the right to education.

(2) Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms.

(3) Parents have a prior right to choose the kind of education that shall be given to their children.

1987 Philippine Constitution
Article 14

(Sec. 1) The state shall protect and promote the right of all citizens to quality education at all levels, and shall take appropriate steps to make such education accessible to all.

(Sec. 2) The state shall establish and maintain a system of free public education in the elementary and high school levels. Without limiting the natural light of parents to rear their children, elementary education is compulsory for all children of school age.

Topic 9

Concepts, Characteristics, and Forms of Stratifications

Social Stratification

The division of large social groups into smaller groups based on categories determined by economics.

"The hierarchical arrangement and establishment of social categories that may evolve into social groups together with statuses and their corresponding roles in the society," (Cordero-McDonald, et. al., 1995, 380).

Basis of Social Stratification

Education	Income	Occupation	Class
			Upper Class Elite, prolific, successful
			Middle Class Comfortable, enough, educated
			Lower Class Lacking opportunities

Social Stratification in Sociological Perspective

- **Functionalism —** Every social class has its purpose or role to play a part in the society. Social inequality based from wealth, prestige, and power is indeed functional in the society.
- **Conflict Theory —** Karl Marx viewed social stratification as creation of inequality between the rich and the poor, or the powerful and the powerless. He argued that proletariats (workers) were oppressed by the money-hungry bourgeoisie (owners).
- **Social Mobility —** The movement of people or families within or between different levels in the society.
- **Close System Stratification —** It is based on a set of strong cultural and religious beliefs that living within your own category is a moral and spiritual duty.
- **Caste Systems** are closed stratification system because people are unable to change their social standing.
- Open System Stratification — Mainly based on achievement